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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM..... RELEASE.....

1.9
In3Hp
Reserve

HOUSEKEEPERS' CHAT Wed. Dec. 1.

ANNOUNCEMENT: Aunt Sammy's chat today centers around that very important part of the Christmas dinner -- a rich and tasty fruit cake. The recipe has been approved by the U. S. Bureau of Home Economics, and will be included in the Radio Cookbook. If you have not received a copy of the book, better send for it. And tell Aunt Sammy what you think of the recipes.

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Here it is, the first of December, and only 17 broadcasting days till Christmas. In that case, I'd better get my fruit cake and mince meat recipes broadcast, so you can begin your holiday cooking early.

I visted the Recipe Lady yesterday morning. She gave me her choicest recipes for Fruit Cake and Mince Meat. Do you want to know what else she gave me? A sample of coffee cake, cranberry muffin, a "Best-Ever" cooky, just out of the oven, and several pieces of her delicious candied grapefruit. Whenever I visit the Recipe Lady, I wish that all of you could see her, and talk to her, and listen to her advice on cooking. I wish you could taste her coffee cake and her cranberry muffins, too. She has promised to write the recipes for you. Perhaps I can get them this week.

The first thing for today is the Christmas Fruit Cake. Not an elaborate, expensive one, but a moderate sized, delicious cake. Just reading the recipe makes me want to try it.

There are 15 ingredients, 16, counting the cup of water for the oven. The fruit cake is a very important part of the Christmas dinner, and I hope no one rings the doorbell, or calls you on the telephone, while I'm talking. One of my listeners says she always locks the doors and muffles the telephone when I begin to talk. That is a true compliment.

Now for the Fruit Cake. Pencils ready? Fifteen ingredients, as follows:

1 pound of raisins
1/4 pound of citron
1/2 pound of butter
1 pound of currants
4 cups of flour
1 cup of sugar
1/2 cup of cider

1/2 cup of tart jelly
1/2 cup sour cream
1/2 teaspoon soda
1/2 teaspoon salt
1 cup molasses
5 eggs
1 tablespoon cinnamon
1/2 teaspoon nutmeg

Let me run through this again, becaude you must have fifteen ingredients: (Repeat)

And don't forget the cup of water which is placed in the oven while the Fruit Cake is baking. Listen carefully now, and you won't need your pencils, till I give you the warning. In the first place, besure that all the fruit is thoroughly picked over, carefully washed, and dried. It takes some time to do it right, but it must be done correctly. I heard of a man who found a piece of grit in his fruit cake once, and he completely lost the Christmas spirit. To tell the truth, he has been a misanthrope, ever since.

The Fruit Cake recipe calls for a half cup of cider, and also a half cup of some tart jelly, such as blackberry, or currant. If you have some jelly which is not firm enough to use on the table, it will do nicely for the fruit cake. Besure the molasses has a good sweet flavor.

Let's see, what other general advice did the Recipe Lady give me about this cake.

Oh yes, she said the cake should be baked in a tube pan, an angel food pan, that is, which allows the heat to come up through the center. Bake the cake in a slow oven (275 to 300 degrees Fahrenheit) because it takes a long time to cook cakes which contain fruit. A low fire allows the heat to penetrate the cake mixture slowly, and does not dry it out, or burn the crust. Don't forget to have a cup of water in the oven during the cooking process. (Seems to me I've mentioned that before.) There should be a well-greased paper around the sides of the pan, because sometimes small particles of the fruit get next to the sides of the pan, and stick and burn. Then the pretty brown crust is broken, and spoiled. The Recipe Specialist says that if the recipe for this fruit cake is doubled, it should be baked in two pans. It is better to bake fruit cakes in medium-sized loaves, rather than in large loaves. If you like, add a cup of chopped nuts, -- pecans, blanched almonds, or English walnuts, -- to the ingredients I have given you.

Now you will need your pencils again, for the method of baking the Fruit Cake. All set? (Read slowly).

First, prepare all the fruit, before you mix it. Cut the citron into very small pieces. Cream the butter and sugar together. Separate the eggs, and add the yolks after the butter and sugar are blended. Add the liquids -- the cider, the jelly, the sour cream, and the molasses. Mix one half of the flour, salt, soda, and spices. Mix the other half of the flour with the fruit. Add the dry ingredients, gradually to the liquid ingredients, then the floured fruit, and last, the whites of the eggs. Just a word about the fruit. If it is well covered with flour, it will be scattered through the cake, instead of settling at the bottom.

That's all, for the Fruit Cake. It takes some time to prepare it, and bake it properly, but what is Christmas without a Fruit Cake? Not Christmas at all.

Questions and answers are next on the program.

"What vegetables are rich in vitamins?" writes a mother who is anxious to giver her children just the right foods.

Tomatoes are rich in all three vitamins ---A, B, and C. Tomatoes keep the C vitamin even when cooked, or canned. That's why tomatoes are such a good all-the-year-'round vegetable.

Carrots are also a source of vitamins. In the winter, when carrots are older, and have been stored a long time, they may lose some of vitamin C. They are still valuable,however, for their ash constituents, as well as for the A and B vitamins.

Then there's spinach, which also contains iron and calcium; cabbage, which can be used all winter; string beans; peas; turnips; and lettuce. Did I tell you the latest news about lettuce? Winter lettuce should be very plentiful, judging by the heavy plantings of the crop, especially in Arizona, and the Imperial Valley of California. That means we can have lettuce often, in salads. Speaking of lettuce, the latest authorities on etiquette say it is quite correct to eat the lettuce which is served with salad. It's just as well they do. Most of us would eat it anyway, for the sake of the vitamins, which are so necessary for normal health and growth.

Question Number Three; "Can grapefruit be canned successfully?"

Grapefruit has been canned, in recent years. The canned sections, free of "rag" and seeds, are rapidly becoming popular. This method of marketing grapefruit takes care of a large part of the fruit which couldn't be shipped, and which was formerly wasted. It also makes grapefruit available, at all times of the year.

This question reminds me of a young married couple who went to housekeeping several months ago. When the young husband was asked how they were getting along, he said: "Oh, just absolutely fine! I'm certainly crazy about this home-cooking. Did you ever eat grapefruit and oranges, sliced together?"

The next question is from a high school boy, who wants to know what makes popcorn pop, and whether it must be wet, to pop well.

Popcorn pops when it explodes. Popping results from the almost simultaneous explosion of the many starch grains in the kernel. When the corn is heated, the pressure from the expanding moisture, within the starch grains, increases. This pressure finally becomes greater than the strength of the substance, in which the starch grains are embedded, and presto! they pop.

Popcorn need not be wet, in order to pop. Only a little moisture is needed. Corn that is either too wet, or too dry, will not pop well. Popcorn that is stored in an unheated room, or in a shed where it will be protected from rain, usually contains about the right amount of moisture.

I have here a request for directions for making good cider vinegar. Instead of broadcasting the answer, which would take considerable time, I am sending a copy of Farmers' Bulletin Number Twelve-Twenty-Four, entitled "Making Vinegar in the Home and on the Farm". Copies may be secured upon request.

One more question: "What foods afford good exercise for the teeth?"

Foods that require hard chewing help make good teeth. Do you remember the jingle, "An apple at night, makes the dentist bill light"?--- Raw apples, toast, hard crackers, hard bread, raw cabbage salad, lettuce, celery, and any crisp foods help to develop the teeth. Children should be taught to eat the crusts of bread and rolls, as well as the soft inner part. They should be cautioned, also, to chew their food thoroughly, not to swallow it whole.

The Recipe Lady told me something yesterday that I want to pass on to you. Some time, when you are having an afternoon tea party, and want to serve baking powder biscuits, cut the biscuit dough in very small rounds. Moisten the top of one biscuit with a little rich milk, and place a second biscuit on top of it. When these dainty tea biscuits are baked, they are an attractive shape, easy to open, and spread with butter.

I have a suggestion to make, before we leave today. I wish that you would tell me what recipes you want broadcast during January. January seems a long way off, now, but it will soon roll around. If you will let me know what recipes you'd like to have in January, I can be working on them this month. Here's a chance for every listener to suggest something for the Radio Cookbook, which, "as I think I have mentioned", is sent free to every housewife who listens- in regularly to Radio Station _____ . The second set of recipes is almost ready for mailing. I predict it will be even more popular than the first. Tomorrow I will give you a Mince Meat Recipe.

UNITED STATES DEPARTMENT OF AGRICULTURE
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HOUSEKEEPERS' CHAT

PROGRAM..... RELEASE Thurs. Dec. 2

Reserve

ANNOUNCEMENT: Lots of good things for the table in Aunt Sammy's chat today. All the recipes have been approved by the U. S. Bureau of Home Economics.

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Just before I started to work on today's program, the postman brought me a letter from Chillicothe, Ohio. Let me read you a paragraph:

"It would be very hard to mention which of your recipes we have enjoyed most, but I will tell you we have tried and enjoyed more than once, the peach dumplings, baked pears, and drop cookies."

My first impulse on receiving such a letter is to answer it immediately. I liked those three recipes myself, and finding some one else who enjoys them, makes me doubly sure they must be good. I have received many nice letters about the Squash Pie, the Chicken en Casserole, the Sweet Potato Pie, the Peach Dainty, the Vegetable Soup, and especially, the Five-Minute Cabbage. Never did I dream that the Five-Minute Cabbage would make such a hit. Perhaps it's true, as some one told me, that for many years we housewives have been boiling cabbage, and other vegetables, almost to death, destroying the vitamins, and the flavor, and the color.

The Five-Minute Cabbage recipe gives a delicately flavored, crisp, cabbage dish, which can be prepared in a very few minutes just before a meal, or prepared early in the day, and quickly heated at dinner time. The color is very attractive when green cabbage is used, and the kitchen and the house are not filled with cabbage-y odor.

Do you remember the recipe for Five-Minute Cabbage? It was accidentally omitted from the first set of cookbook recipes, but it is in the second set. I'm going to take a chance on telling you again how to cook it, because it is so good: (Read slowly)

Wash and slice fine, enough cabbage to make 1 quart. Simmer for about 2 minutes in 1 pint of hot milk. Stir the cabbage occasionally, to prevent burning. Add 1 cup of cream, or rich milk, with 2 tablespoons of butter, in which has been blended 1 to 2 tablespoons of flour. Season with salt and pepper. Cover the cabbage. Heat for 3 or 4 minutes, without allowing the mixture to reach the boiling point. The vegetable should not entirely lose its crispness. If more convenient, the cabbage may be cooked in this way early in the day, set away to "ripen," or develop flavor, for a few hours. It should then be reheated quickly just before

serving: [illegible].

I have a letter, from a lady in Minneapolis, who tells me how she varied one of the menus I broadcast in October. The menu included Mock-Duck, Five-Mine Cabbage, Candied Sweet Potatoes, and Stuffed Tomato Salad. Instead of the Five-Minute Cabbage and tomato salad, the Minneapolis listener served Stewed Tomatoes, and Cabbage Salad. "I'd like to know," says she, "if the food value was changed any."

If she used the same kind of salad dressing for the cabbage salad, that she would have used for the tomato salad, the only change in food value came through omitting the milk, which goes with the Five-Minute Cabbage. I'm taking for granted that she used as much butter for the tomatoes, as she would have for the cabbage. Small differences in food value, from meal to meal, are balanced up in the course of a few days.

I don't expect any one to follow the menus exactly, unless she happens to have every suggested food available. As far as balanced meals are concerned, one need not worry if plenty of fresh fruits and vegetables, milk, eggs, meat, and bread and butter, are made the basis of the meals which are planned.

I believe every housewife who is interested in meal planning would appreciate a copy of Farmers' Bulletin Thirteen-Thirteen, "Good Proportions in the Diet." It is sent free on request.

What will you have next? The mince meat recipe, to be sure. My special Christmas mince meat is comprised of twelve ingredients. Get your pencils now, and I'll dictate the Mince Meat recipe. Twelve ingredients, remember -- if you come out with thirteen, it means something is wrong, and you may have bad luck with your mince meat. You will need:

2 pounds lean beef
1 pound chopped suet
4 pounds tart apples
3 pounds sugar
3 pounds currants
2 pounds raisins
1 nutmeg
1/2 teaspoon ground mace
2 oranges
2 lemons
1/2 pound citron
1 tablespoon salt

I will read the ingredients again, so you may check your list (Repeat)

Stew the beef in a very little water until quite tender. Cool the meat, and chop. Add the beef suet, chopped fine, and the pared, cored, and chopped apples. Carefully pick over, wash, and dry, the currants and

raisins. To them add the sugar, spices, orange and lemon juice, the grated rind of the oranges and of one lemon, chopped citron and salt. Mix thoroughly. Pack in a stone jar, and keep in a very cold place, just above freezing if possible. The mince meat should be thoroughly stirred each time any is taken out, and occasionally moistened with a little grape juice, or orange juice. Left-over canned fruit juice may be added from time to time.

Now that the mince meat is out of the way, I want to give you a coffee cake recipe. This recipe was requested by a listener in Cicero, Illinois, who says she finds her husband hard to please when it comes to coffee cake. I read her letter to the Recipe Lady in the Bureau of Home Economics. "We'll have to do something about that husband," said the Recipe Lady, and she concocted a coffee cake, truly remarkable, with a frosting made of butter, and nuts, and spice. This is her recipe for coffee cake--eight ingredients:

2 cups flour
4 tablespoons butter
1/2 teaspoon salt
2 tablespoons sugar
3 teaspoons baking powder
1/2 cup cut citron, or other candied fruit
1/2 cup raisins, chopped
1/2 cup milk

I'll read them again, a little faster this time: (Repeat)

Sift together the dry ingredients, saving out two tablespoons of flour to mix with the fruit. Cut in the butter, with a biscuit cutter, or two sharp knives. Add the milk and the floured fruit. Place the dough in a greased pan, pat it down until it is about 1-1/2 or 2 inches thick. Bake 35 to 40 minutes in a medium oven. Because of the fruit this coffee cake should be cooked more slowly than biscuits. When the coffee cake is done, butter the top of the cake, and pour over it a mixture of 1/4 cup finely chopped nuts, 1 teaspoon cinnamon, and 2 tablespoons sugar. Place the cake in the oven again, and let it remain until the sugar is slightly melted. Serve hot or cold.

Last month a Chicago listener asked how to make a tomato sauce for croquettes, fish, cutlets, and so forth. Her question was referred to the Bureau of Home Economics, and two recipes were sent to her.

I am going to broadcast both recipes, and you may take your choice. The first is for plain tomato sauce, made of the following eight ingredients:

[illegible]

[illegible]

[illegible]

2 cups canned tomatoes
1 bay leaf
1/2 to 3/4 teaspoon salt
2 allspice (yes, just 2 little, round allspice)
1 teaspoon sugar
2 slices onion
2 cloves
1/8 teaspoon pepper

Count your ingredients now -- you must have eight. Perhaps I'd better repeat the list. (Repeat)

Cook the ingredients for ten minutes. Strain through a fine sieve. Measure the liquid. For each cup of liquid allow 2 tablespoons flour and 2 tablespoons butter. Melt the butter, add the flour, and when they are thoroughly blended, add the seasoned tomato juice and stir until thickened. Place over steam for five or ten minutes. Serve very hot.

The second recipe is for Savory Tomato Sauce, made of the following eleven ingredients:

2 cups canned tomatoes
4 tablespoons butter
1/2 cup grated carrot
2 tablespoons minced onion
4 tablespoons flour
1/2 bay leaf
1/4 teaspoon mustard
1/4 teaspoon summer savory
3/4 teaspoon salt
1/4 teaspoon pepper
1 cup water

Shall I repeat the ingredients? (Repeat)

Cook vegetables and spices in fat for 2 minutes, being careful not to brown the vegetables. Add flour after 1 minute so that it mixes in with the fat. Add tomato juice, salt and water and heat until it thickens. Place over water for ten minutes. Strain and serve.

I have taken up most of the time today with recipes, because I wanted to get them out of the way. Tomorrow I am going to talk about something not connected with food at all, till I come to the menu. Tomorrow's menu is a little different from any I've broadcast so far. I hope you will like the change.

We have time today for one or two brief questions. Here's a good one:

"Should I grease my electric waffle iron, to keep the waffles from sticking?"

An electric waffle iron should never be greased. Perhaps your waffles stick because you have not put enough melted butter, or other shortening into the batter. One or two extra tablespoons of melted shortening in the batter will often keep waffles from sticking in an electric iron. When the waffle is brown and crisp, and ready to take out of the iron, jab a fork firmly into it and lift the waffle straight up. If you work around the edges with a knife, attempting to loosen it in that way, the waffles will break, and be almost impossible to get out whole.

Here's another question we housewives are interested in: "What can you tell me about the potato market during the winter months?"

The potato crop is 11 to 12 percent below average, in quantity, but good in quality. City markets are full of potatoes. Prices are lower than those of November, 1925, but higher than the prices of November, 1924. The probabilities favor a price average lower than last season, because of the estimated 7 percent larger production.

One more question: "Please tell me what's wrong with my potted rosebush. The stems and leaves are thick with small grayish bugs."

Your rose bush is probably infested with an insect known as mealy bug, or it might be a scale insect. Thoroughly dissolve one pound of common laundry soap or fish oil soap in four gallons of hot water, and spray the plants with the solution, or dip them in it while it is still lukewarm.

That's all for today. Something different tomorrow, in menus. Don't forget your pencils.

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UNITED STATES DEPARTMENT OF AGRICULTURE
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PROGRAM HOUSEKEEPERS' CHAT RELEASE Fri. Dec. 3.

Reserve

ANNOUNCEMENT: The first thin on Aunt Sammy's program today is a little talk on how to furnish the living room. There's a menu, too, a combination of foods not yet broadcast by Aunt Sammy.

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Today's program centers around a question I received almost two weeks ago. Here is the question:

"I am going to furnish a new home in January, and I should like to know a few general rules about the selection of color, especially as applied to draperies."

Before I attempted to answer this, I talked to one of the women in the Bureau of Home Economics who has made a special study of this very thing. Perhaps her suggestions will help you in furnishing your home.

In selecting the color, or colors, to be used in the draperies, consider walls, floors, woodwork, and all the furnishings of the room. If you want figured curtains, choose a material with a background the same color as the walls, but slightly darker. The principal color in the design of the curtain material should repeat the color of the rug, or upholstery. In any color scheme, black, grey, silver, or gold may be used as braid on curtains, or in cushions, lamp shades, book-ends, vases, and other accessories.

White window curtains are most attractive where the woodwork, or the walls, are white.

The simplest color plan for the background of a room is worked out in shades, tints, and dark or dull tones of one color. In a color scheme of this kind, the walls and woodwork might be a soft grey-green, and the rugs a deeper grey-green. Effective curtains for a simple living room might be made of green chambray, with two rows of black bias, or military braid stitched on for a border. Doesn't that sound attractive? Or you might use green checked gingham, with three-inch wide ruffles.

Still another suggestion for a living room with more expensive furnishings -- the curtains might be of grey poplin, banded with green velvet. Almost any color could be used in the furnishings against this background. Orange and grey striped upholstery, with at least one green chair, would be

attractive. Then you might use vivid landscapes on the wall, orange-red pottery, and touches of silver or black repeated in cushions and lampshades.

Now let's take another room -- one that has a cold and chilly look. It needs brightening up. We will have the walls a pale orange, almost a cream color. The walls will blend into soft, warm brown linen side curtains, and lustrous orange gauze glass curtains. Wouldn't that be cheerful and pleasing? The important point in working out a one-color scheme is to have a variety of textures, and strong contrasts. These are supplied in this plan by the dull, pale, orange walls, the brown of the draperies, and the orange gauze, which is between the other two in color. If the rug and much of the furniture are in plain colors, the curtains may be cretonne, or printed linen, having a dominant color which carries out the plan of the background. Too much plain color makes a room severe, and uninviting.

If you want something more subtle than the one-color scheme, use two or more colors which have one hue in common. Pure green, emerald green, blue-green, and yellow -green, would compose a harmonious color scheme. Or olive green, bottle green, and greyed green. With a color plan of this kind, one might have a pillow, a bowl, of red-violet, or some other contrasting color.

Let me give you a word of advice, if you have never bought curtain material. Get a sample of the material, and try it against the wall, and against your upholstery and wood work, by daylight and by lamplight, before you make your purchase. Notice also the effect of light shining through it.

And one more suggestion, before we talk about today's dinner. The color scheme of the curtains should be planned with the whole house in mind. The strongest colors, in adjacent rooms, should harmonize. I know a man who almost suffered a mental breakdown because his wife insisted on having a rose and blue living room, a green hall, and an orange dining room. Every room was all right taken separately, but as you want from one to another, you felt as though you were looking through an old-fashioned kaleidoscope.

The Home Economics specialist from whom I obtained my color information has just prepared a bulletin, called "Principles of Window Curtaining," which I wish all of you could see. It is well-written, and full of excellent illustrations. I have seen a number of the curtains which are pictured in the bulletin. In fact, some of them are hanging in the homes of my friends, right now.

The bulletin is Number Fifteen-Sixteen, and it is called "Principles of Window Curtaining". It is sent free on request.

Before I broadcast the menu; I want to read you an extract from a letter, from a man in St. Louis. Here's what he says:

"The Housekeepers' Chat has become very popular in this part of the middle west. Please continue. By helping to improve the meals, you are assisting in no small way in the solution of the divorce evil".

Isn't that interesting? I was so pleased with the letter that I looked up my favorite lemon pie recipe, as a special treat for this radio friend. I hope he's listening.

Here's the menu: Bean soup; Macaroni with Cheese; Stuffed Onions, or Stewed Tomatoes and Celery; Cabbage Salad, or Lettuce Salad; and Lemon Pie.

This is a very good menu, from a dietetic standpoint---since each of the five foods is represented: proteins, vegetables and fruits, starchy foods, sugar, and fats. Minerals and vitamins, too, are provided. There's nothing like being up to snuff, when it comes to meal planning.

Let's begin with the bean soup, which may be made with any one of several kins of beans, navy beans, lima beans, red kidney beans, black beans, pinto beans, and soybeans. Guess I haven't omitted any kind of bean.

Half a pint of the dried beans will be enough for a family of five. Soak them over night. (No, Louisa, I'm talking about the beans, not the family. Oh, very well, if I must be accurate.) Soak the beans over night in a quart of water. Cook them in the same water, until very soft. If you like the flavor of onion, cook one or two slices with the beans. If you have a fireless cooker, you will find it excellent for cooking them. Mash the beans through a sieve when they are done. Add water and milk, or stock--enough to make up a full quart. Of course, you may prepare a double quantity of bean soup, and serve it twice, if you like.

All bean soups should have a little flour added to them, as a binder, to prevent the thick part from settling to the bottom. Mix a tablespoon of butter with a tablespoon of flour. Add a little of the hot soup, and stir until it is smooth. Then add the remaining soup, and salt and pepper to season. Heat to boiling, then cook in the double boiler about 10 minutes. Celery, or any other appropriate vegetables, may be cooked with the soup. They should be cut up in small pieces. A tablespoon of chopped parsley sprinkled over the soup at the last minute is an agreeable addition. A pinch of mustard, and a little lemon juice, are good when black beans are used. Some people like thinly sliced quarters of lemon, over the top of the soup.

Now the macaroni and cheese. Some persons are so fond of macaroni and cheese that they eat little else at the same meal. It is quite substantial enough to serve, simply with a vegetable. Since the cheese is depended on for efficient protein, use a generaous quantity. A sharp, tasty, American cheese is generally considered best with macaroni.

Macaroni and cheese may be prepared in the morning, and reheated at dinner time, if you wish. Cook two cups of macaroni or spaghetti, broken into small pieces, in two quarts of boiling salted water, until tender. Drain in a strainer and pour cold water over it to prevent the pieces from sticking together. Make a cheese sauce by adding threefourths pound of cheese to the white sauce. Reserve a little of your cheese to grate over the top of the dish. Make the white sauce with: 4 tablespoons flour, four tablespoons butter, and two cups of milk. Grate or cut the cheese, and melt it in the sauce. Season with one teaspoon of salt, and a few grains of cayenne pepper.

Now put the macaroni in a buttered baking dish, in alternate layers with the cheese sauce. Scatter the extra grated cheese over the top, with some buttered bread crumbs. Just before dinner, heat in the oven until the sauce and macaroni are thoroughly heated and the crumbs are brown. It takes some time for a dish of cold macaroni and cheese to heat through. It is better to reheat the sauce just before you combine it with the macaroni even tho' both have been prepared ahead.

With the macaroni and cheese, you will want a vegetable with a pronounced flavor, such as stuffed onions.

You will need rather large onions, -- the Spanish variety if you can get them, or large Bermudas. Allow from a half to a whole onion for each person to be served, according to your past experience with the family. Cut the onions in half. Parboil them gently until fairly tender, taking care not to get them out of shape. Lift them out of the water with a skimmer. Arrange them in a buttered pan or baking dish. If you have a glass or earthenware pie-plate, that can be put on the table, it is just the thing. Scoop out the onion centers. Chop them fine. Mix them with about an equal amount of buttered crumbs, and a few chopped nut meats. These may be omitted, but they add to the flavor and novelty of the stuffed onions. Season the stuffing with salt and pepper. Fill into the cavities in the onions. Put in the bottom of the dish a few tablespoons of the water in which the onions were boiled, to keep them from drying out too much. Bake until the bread crumbs are nicely browned.

If tomatoes would be more popular with your family than onions, you might serve stewed tomatoes and celery, with your macaroni and cheese.

Cabbage or lettuce salad is appetizing with macaroni and cheese. Use your favorite salad dressing. If you want a "different" flavored salad dressing, add a little chili sauce to plain mayonnaise. Of course if you serve tomatoes as a vegetable, you may not want chili sauce in your salad.

A hearty dessert like a pie has its place at the end of such a dinner as this one rather than after a meal of meat gravy, and anumber of vegetables.

Modern housekeepers lessen the amount of cooking they do, and so are depending more and more on simple desserts, like home-canned fruits, fresh oranges, or a few cookies.

However, we might as well make a festive occasion of this dinner, and serve my Lemon Meringue Pie. It isn't difficult to prepare. The lemon juice adds to the daily supply of vitamins, the egg yolks to the iron supply, and the white of the eggs add protein, as do the cheese and milk in the macaroni dish.

If your pencisl are handy, perhaps you'd like to take directions for the lemon pie.

Start your lemon meringue pie by making an undercrust. Use your own recipe, or the following one, which makes enough for two crusts, one of which may be saved for another day: Sift 1-1/2 cups of soft-wheat or pastry flour with 1 teaspoon of salt. Work into this about 5-1/2 to 7 tablespoons of fat with the tips of the fingers. Add about 2-1/2 tablespoons of water, or just enough to make the dough correct for rolling. Roll it very lightly. Pre-bake a single crust at about 450 degrees F. until it barely begins to color. Now make the filling separately. You will need 4 tablespoons of lemon juice, 2 tablespoons of cornstarch, 1 cup of boiling water, a pinch of salt, 3/4 cup of sugar, 1 tablespoon of butter, 2 egg yolks, the grated rind of half a lemon. Mix the sugar, salt and cornstarch together and add it to the boiling water, stirring constantly until the cornstarch is cooked, This will take about 5 or 10 minutes. Now add the lemon juice, grated lemon rind, and well-beaten egg yolks and butter. Cook all together for not more than a minute. Pour into the crust and spread over the top a meringue made by thoroughly beating the 2 egg whites, with 2 tablespoons of sugar added when the egg whites are stiff. Use a wire whisk and beat the white on a platter to make them light and fluffy. Bake at a low temperature, or about 250 degrees Fahrenheit, for 20 minutes.

Right here is a good place to bring in a question asked me last week: "What makes my meringue tough and watery?"

The meringue is cooked in too hot an oven. This toughens the protein, and squeezes out the sirup. Try your meringue in the slow oven, and see how much better the product is.

Let's check the menu: Bean Soup; Macaroni with Cheese; Stuffed Onions, or Stewed Tomatoes and Celery; Cabbage or Lettuce Salad; and Lemon Meringue Pie.

I have a good many recipes planned for next week. I think I shall begin

with salads and salad dressings, since so many of you have asked for them. That reminds me, I haven't mentioned the Radio Cookbooks -- since yesterday. If you are a new listener, perhaps you have not heard about these cookbooks, which are sent free to every housewife who listens-in regularly to Radio Station_____ Many of the recipes are the result of experimental work done by the U. S. Bureau of Home Economics. All of the recipes have been tested and approved by the Bureau, so we know the proportions are right.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
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Reserve

PROGRAM HOUSEKEEPERS' CHAT RELEASE Mon. Dec. 6.

ANNOUNCEMENT: Crisp salads, piquant salad dressings, pickled pigs' feet, and the effect of the moon of growing crops-- all these important subjects are treated in Aunt Sammy's Chat today. All the information in the program has been approved by the U. S. Department of Agriculture. Aunt Sammy will be glad to answer practical questions, on household subjects, sent to her in care of Radio Station _____.

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I have received so many letters about salads, and salad dressings, that I have decided to devote two programs to this delightful subject. Perhaps more than two programs, if necessary.

Today's talk concerns salads in general --mostly fruit and vegetable salads-- and salad dressings. Tomorrow I will give you a number of salad combinations, and tell you how to make three very frivolous salads. Truly, they are frivolous. They will please the children, and the grown-ups who, like Peter Pan, never really grow up.

Get ready now, please, for a salad lecture, in my best school-teacher manner. You will need pencils in about three minutes, as soon as I get through with the lecture, which begins this way:

Ah-hem! The modern housewife, who knows a great deal about nutrition, could hardly plan a day's meals without including a salad. For the modern housewife knows that her family needs the minerals, vitamins, and bulk, supplied by fresh vegetables.

She knows that fruits and vegetables are now considered almost absolutely necessary to keep up the required supply of mineral substances, in the body.

The body must have mineral matter, to build and repair bones, teeth, and other tissues, and to keep it in good running order. Calcium is found in dried beans, cauliflower, Swiss chard, peas, turnips, carrots, parsnips, oranges, and certain other fruits and vegetables. Iron is supplied byfruits in general, and by the green-leaf vegetables, such as lettuce and dandelion greens, and spinach, particularly spinach. As a source of iron, spinach is in a class by itself. Iron, in green vegetables, and in fruits, is a more useful tonic than expensive mineral waters.

Vegetables which furnish iron, are almost sure to be good sources of the vitamins, so important for growth and health. Vitamin C, which is far less widely distributed than A and B, is found chiefly in fruits and vegetables. Vitamin C is abundant in oranges, lemons, tomatoes, and raw-leaf vegetables, such as lettuce, and watercress. These foods can be used in small quantities, as in salads, even when they are too expensive to be used freely.

To sum up the advantages of fresh fruit and vegetable salads, from a dietetic standpoint, we might say that these salads are rich sources of vitamins and mineral substances, and they furnish bulk, which helps prevent constipation.

There are other reasons for serving salads. They provide a convenient and attractive way of using left-overs, and they add to the meal pleasing contrasts in color, flavor, and texture.

One must use judgment in selecting the salad to fit a menu. For a hearty meal, a light salad, that is, a leafy green vegetable, and French dressing, is appropriate; or a leafy green vegetable, an acid fruit, and French dressing.

With a light meal, one wants a hearty salad, with a cooked or mayonnaise dressing. Salads of vegetables, eggs, fish, cheese, or meat, or acombination of these, may often serve as the main dish of a light meal. A hearty salad should never be used as a side dish.

Now let's talk about salads in general. Salads are always more appetizing, when they contain something succulent, to crunch between the teeth. This succulence, which some people think is the chief charm of a salad, is supplied by lettuce, celery, cabbage, apples, pickles, watercress, and so forth.

All salad greens should be served crisp. Wash them thoroughly, first in running water, or by lifting them out of two or three waters. Then wrap them in a cloth, or put them in a clean paper bag. Set them on ice, or in a cool place, to "crisp."

The secret of a crisp, tasty, salad lies in having the ingredients fresh; cold, with no drops of water clinging to the leaves; and carefully combined. When vegetables or fruits are cut up, or diced, the pieces should be large enough so the salad won't be mushy, when the dressing is added. As a general rule, the dressing should not be mixed with the other materials, until just before serving. The dressing tends to wilt the vegetables, and salad greens. Of course there are exceptions to this ruls, as there are to all good rules. Potato salad is one exception.

The salad dressing depends largely upon when the salad is to be served. For instance, a dinner salad, where the rest of the meal is fairly heavy, usually needs a light dressing, such as a French dressing. Luncheon or supper salads, or those served with party refreshments, may have the richer dressings, such as mayonnaise, cooked dressing, or cream dressing.

I know a good many experienced cooks who make salad dressing in quantity, to save time. It takes little longer to make a quart of mayonnaise, than to make a pint. Mayonnaise keeps for several weeks, in a cool place.

A clever cook can almost make herself famous, with plain mayonnaise dressing. Let me read you a few of the distinguished salad dressings, made with mayonnaise as a foundation. Write them down, if you wish.

Variation Number I. Mayonnaise and chili sauce, or tomato catsup. This is excellent on plain lettuce salad.

Variation Number II. Mayonnaise, chopped stuffed olives, and finely chopped celery. Serve this with a crisp green salad.

Variation Number III. Add whipped cream to mayonnaise dressing, just before serving. This is very good with fruit salads.

I'm sure there must be many other variations of mayonnaise dressing. If you know of an especially good combination, you might send it to me.

I have here an old-time salad dressing recipe, which the Recipe Speaialist in the Bureau of Home Economics, gave me last week. The ingredients are: (Read slowly) 1 cup of mild vinegar, 1 tablespoon sugar, one-fourth teaspoon salt, 1 tablespoon of butter, and 2 hard-cooked eggs. If the vinegar is not mild, it should be weakened. Substitute one-fourth to one-half cup of water, for the same amount of vinegar, depending on the acidity of the vinegar.

Hard cook the two eggs. While they are still warm, remove the shells, and rub the yolks to a paste. Add the dry ingredients, and the butter. Cream these together thoroughly. Add the heated vinegar, a little at a time, to make a thin paste. Press the whites through a ricer, or chop them very fine, and add to the mixture. Serve on lettuce or spinach, or other greens.

I must tell you about one more salad dressing. It is made of thick sour cream, salt, paprika, lemon juice, and just a "suspicion" of sugar. Very good on cabbage salad, or on cauliflower salad.

No more salads today, because the questions must be answered. Please don't think I'm neglecting you, if your questions aren't answered immediately. Some times the questions must be referred to several specialists in the Department of Agriculture. But I'll get to them -- some time.

First question: "What causes the disease known as trichinosis (trik'-i-no-sis)?

Trichinosis, a disease which is painful, and occasionally fatal, is caused by a small parasite that sometimes occurs in pork. Uncooked pork, or poorly cooked pork, may cause this serious disease.

Hogs which harbor the parasites of trichinosis show no symptoms. Pork which contains the parasites looks <u>exactly the same</u> as other pork. The most practical means of preventing the disease is careful cooking of pork products. Cooking destroys the parasites. Therefore, well-cooked pork is safe.

Second question: "Please tell me how to cook pickled pigs' feet."

In preparing pickled pigs' feet, place them in salt pickle for several days. Then boil them, for a varying length of time, depending upon the size of the feet. Take care to remove them from the kettle before the meat separates from the bones. Split the feet lengthwise. Place them in a jar, or other receptacle. Cover with vinegar, to which bay leaves, allspice, and whole black pepper, have been added.

If you are interested in killing, curing, and canning pork on the farm, better send for a copy of Farmers' Bulletin Number Eleven-Eighty-Six. It is sent free on request, by the U. S. Department of Agriculture.

Time for one more question: "To settle a controversy," writes a listener who signs herself "Farmer's Wife," "please tell me whether there is anything to the old practice of planting, butchering, and shearing sheep, in the light or the dark of the moon."

According to the Weather Bureau of the U. S. Department of Agriculture, "moon" farming is all moonshine. Does that settle the controversy? In olden times, many people guided their farming by the state of the moon. Perhaps you have heard this ancient saying:

"Sow peasen and beans in the wane of the moon;
Who soweth them sooner, he soweth too soon."

Scientists say that the moon has nothing whatever to do with any of the conditions which affect crops-- temperature, humidity, light, disease, or condition of the soil. The moon has no influence on the weather, or on the soil.

"Peasen and beans," celery, cabbage, spinach, carrots, parsnips, asparagus, onions, radishes, lettuce, and all the other good vegetables, will make just as delicious salads, whether they're planted in the light or the dark of the moon.

You see my mind is on the salad recipes I'm going to broadcast tomorrow.

Do you want me to include these salad combinations in the Radio Cookbook? I believe I shall. The Radio Cookbook, as I intimate about five times a week, is sent free to every Housewife who listens-in regularly to the Housekeepers' Chat broadcast by Radio Station _____.

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[illegible] Juliana's [illegible], [illegible] [illegible] farm, [illegible] "Kanaka" Pineapple Market Horticultural Society. It is [illegible] on request. [illegible] [illegible] [illegible].

[illegible] "[illegible] a [illegible]," [illegible] [illegible] who [illegible] "[illegible] "[illegible] [illegible] [illegible] [

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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Reserve

PROGRAM HOUSEKEEPERS' CHAT RELEASE Tues. Dec. 7

ANNOUNCEMENT: Aunt Sammy is still discoursing on salads--Vegetable Salads, Fruit Salads, and Fancy Salads for Christmas and Birthday Parties. These recipes will be included in the third supplement to the Radio Cookbook. Copies of the cookbook are sent free to every housewife who listens-in regularly to Radio Station _____.

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I am limiting my chat to fruit and vegetable salads, because if I didn't, I'd be talking from now till Christnas. I never realized, until I looked into the matter, how many kinds of salads there are. Truly, almost every food can be used in salads, if one knows the combination. That is, everything except hominy. I haven't heard of anyone using hominy in salads! But I won't be at all surprised if some one sends me a good recipe for hominy salad.

As I told you yesterday, fresh, crisp salads are a most appetizing way of getting our fruit and vegetable allowance. Vitamins, minerals, and bulk, are furnished by fruit and vegetable salads, which are important also from the esthetic standpoint. In what other dishes do we find such pleasing contrasts in color, flavor, and texture?

When the salad is a separate course, it may be served with plain or toasted crackers. Grated cheese may be sprinkled over the crackers before they are toasted. Other salad accompaniments are toasted strips of bread, cheese straws, small buttered rolls, or sandwiches. Cheese is often served with a green salad.

I'm going to give you a number of salad combinations. They may be varied, according to taste, and the materials at hand. They may be served on lettuce, on cabbage, or on watercress. First, I will give you four apple combinations, because I have had more requests for apple salads than for any others. As a general rule, French dressing, or whipped cream dressing, is served on fruit salads, and mayonnaise or French dressing, with vegetable and meat salads.

Ready? (Read slowly)

Apple Salad Number I. Tart apples; a little celery; and boiled chestnuts, or black walnuts, or other nuts. Cut the apples in small cubes. Chop the celery. Use about one-fourth the quantity of boiled chestnuts, or black walnuts, as of apples.

Apple Salad Number II. Tart apples, cut in small cubes; malaga grapes; and a little chopped pimento. Use good eating apples, and seed the grapes. The pimento adds color and flavor.

Apple Salad Number III. Cubed apples, cooked in syrup till they're transparent. Add to the syrup half a lemon and one small piece of ginger root. When the apples are done, drain them, and chill. When they are firm, add a little chopped celery, and cream cheese.

Apple Salad Number IV. Apples with seedless raisins. Put the raisins in a small amount of water, bring to a boil, drain, and chill. The raisins will puff up, and be very good. Serve a French dressing with this.

Four apple salads, and I believe you will like them all.

When you cut the material for fruit or vegetable salads, make the pieces of uniform size. They should be large enough that you will know what you are eating, but small enough to be dainty.

With the vegetable salad combinations, you may serve French dressing, plain mayonnaise, or one of the mayonnaise variations I suggested yesterday. Of course many of you will have your own favorite salad dressing. Here are the ten vegetable combinations I have chosen, from at least sixty possibilities:

Vegetable salad Number I. Beets, onions, celery, cabbage, shredded lettuce.

Number II. Cabbage, peanuts, celery or celery salt, chopped onion.

Number III. Canned asparagus tips. This salad is very good with the mayonnaise-chili sauce dressing.

Number IV. Raw grated rutabaga, and chopped celery. Place the grated rutabaga in cheesecloth. Squeeze out some of the juice, before combining with the celery.

Number V. Raw grated carrots, peas, and celery.

Number VI. Raw grated carrots, cabbage, and celery.

Number VII. Raw grated carrots, raisins, and celery.

Number VIII. Raw grated carrots, grated cheese, and celery.

Guess that's enough raw grated carrot suggestions.

Number IX. Kidney beans, celery, chopped onion or onion juice, chopped pickle.

Number X. Peas, chopped beets, or pickles.

That's ten, isn't it? And I have one more that I must tell you about. It's canned asparagus stalks, and, cold cooked cauliflower, broken into pieces. Garnish with a slice of tomato, if you're fortunate enough to have fresh tomatoes at this time of the year. Pour over this a French dressing, flavored with grated onion.

Before we leave the intriguing subject of fruit and vegetable salads, I must give you my three novelty salads, Sunbonnet Sue, Candle Salad, and Butterfly Salad. I make them only for very special occasions, as Christmas, or New Year's, or a birthday party, because they take so much time. But they surely do please the children.

First, I'll give you Sunbonnet Sue. The ingredients for this salad, for five persons, are:

5 halves of cooked pears, or peaches, or apples
10 whole cloves
10 almonds
5 thin slices of pimento
5 tablespoons salad dressing
5 leaves of curly lettuce

Arrange the halves of the canned pears, or apples, or peaches, round side up, on the lettuce leaves. The leaf curls up around the fruit, and forms the sunbonnet, if you have a lively imagination. Place the cloves in the fruit for the eyes, the blanched almonds for the ears, and slip thin slices of canned pimento into cuts made for nose and mouth. The expressions may be varied. Put salad dressing around the outside of the fruit, to represent golden locks, and arrange a fetching bow of red pimento, under the chin of Sunbonnet Sue.

Candle Salad, appropriate for Christmas parties, is made as follows:

Place a whole slice of canned pineapple on a lettuce leaf. Stick half a banana upright in the center of the pineapple. Top the banana with a red cherry. Garnish the banana with yellow salad dressing, to represent tallow running down the sides of a lighted candle.

Butterfly Salad is next. To make this dainty Butterfly Salad, cut a slice of pineapple in half. Place the curved edges opposite each other, with a date between them, to represent the body of the butterfly. Use thin strips of lettuce for the antennae. Sliced, stuffed olives are placed on the pineapple "wings" with bits of nuts, and maraschino cherries. Drops of yellow salad dressing are placed between the olives on the wings.

Have I talked too long about salads? I'm sorry if I've bored you, but salads are so interesting, whether they're raw, or cooked, or made of left-overs. That's another idea, salads made of left-overs. Please, somebody stop me! Or I'll <u>never</u> quit talking about salads!

Let's turn to the questions. Here's a good one: "Should rabbit meat be soaked in salt water to draw out the blood?"

In general, no. Soaking any kind of meat in water, and particularly in salt water, draws out the juices which give the characteristic flavor, and add to its food value. When wild rabbits are shot, blood clots are sometimes found when they are dressed for cooking. These clots may be washed or cut out if

they are objectionable. When the rabbit is cooked, they are not likely to be noticed. Soaking in cold water, might draw out this blood, but it would also take away some of the good flavor, and food value, of the meat. There is no reason whatever for soaking tame rabbit meat. These rabbits are grown, killed, and dressed for market like any other meat animals or poultry on the farm and may be cooked in many of the same ways as chicken.

I have had several requests recently for information on oil burners, for house heating. The engineers in the U. S. Bureau of Public Roads have done considerable work with oil burners, and the Bureau has prepared a mimeographed copy of information on oil burners which will help the house owner to decide, first, whether he should install an oil burner, and second, what type. Copies of the oil-burner statement will be sent free, by the Bureau of Public Roads, as long as the supply lasts.

Next Question: "Are the leaf stalks, or leaves, around a head of cauliflower, good for cooking"?

Carefully trimmed, and cut into short pieces, the leaf stalks make a very palatable dish. As to the leaves, if there aren't enough to cook and serve separately, the leaves and stalks, boiled until tender, and seasoned, can be served as a garnish, along with the head of the cauliflower. An English custom is to cook a small cauliflower, without trimming the leaves and stalks, if they are in good condition.

No more questions, for today. The salad recipes will be included in the third supplement to the Radio Cookbook. I didn't intend to mention the cookbook, but it seems to be a habit I can't break. Don't forget to tell me what you think of the cookbooks, and what recipes you'd like to have broadcast during January. And let me caution you again, about sending your correct address. I have here a letter from a listener who forgot to send her address. I'm going to read a paragraph:

"Your talk on breakfasts was very interesting, as that is my hardest meal to plan. I never have much appetite for breakfast, but my husband is a hearty eater and likes a variety for breakfasts. As a rule I do just what you said people do, have bacon, eggs, and prunes, too often. I also make waffles too often."

I should like to send this listener a cookbook, but I can't, unless she happens to be listening-in today, and will send me her address.

UNITED STATES DEPARTMENT OF AGRICULTURE
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HOUSEKEEPERS' CHAT

Dec. 8.

PROGRAM..... RELEASE.....

ANNOUNCEMENT: Pajamas, kitchens, bath-room curtains, and party refreshments are included in Aunt Sammy's Chat today. The party refreshment suggestions will be included in Aunt Sammy's Radio Cookbook, which is sent free to every woman who listens-in regularly to Radio Station_____.

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The Neighborhood Sewing Club met at my home last week. The women are all making Christmas presents now. My sewing machine was busy, all afternoon. Mrs. Smith was making a pair of flannelette pajamas, for her husband. Mrs. Smith's husband is six feet, three and three-fourths inches tall. He is forever complaining that he can't get pajamas long enough to cover his ankles.

You would have smiled, to see Mr. Smith's pajamas. They are a heavenly blue, with a dainty pink stripe. The collar and cuffs are pink. Mrs. Smith doesn't know much about sewing. She has made the pajama legs so long, and so wide, that they look quite collegiate.

Mary Alice suggested that a lavender powder puff should accompany the pajamas, but Mrs. Smith refused to have her Christmas gift made fun of. "Even if a man is stout and bald-headed," said Mrs. Smith, "he has a perfect right to wear blue and pink pajamas! I'm making a pair for Junior, too. Oh, did I tell you the latest cute thing Junior said? I wanted to take him to the barber the other day. 'Please, Junior,' I said, 'come and get a nice grown-up hair-cut, like Daddy's.' 'Like Daddy's! wailed Junior. 'I don't want my head sticking out!' "

Mrs. James was making dresser covers, of natural color linen, with a simple crocheted edge.

"I like simple dresser and table covers," said Mrs. Jane, who is nothing if not practical. "They wear well, are easy to wash and iron, and always look attractive. Hemstitching, scalloping, or a simple edge of tatting or crochet, suit me better than elaborate fancywork."

"I like simple things myself," agreed Mary Alice, "that's why I'm making these curtains, of unbleached muslin, for the bathroom. My thin, sleazy bathroom curtains look so bedraggled, and forlorn, when they get damp. They hang in two limp 'strings.' I believe a good quality of unbleached muslin will hold up better, in a humid, 'shower bath' atmosphere. I'm going to stitch a four-inch square of black-and-white checked gingham in the lower outside corner of each curtain, to relieve the plainness. There is a narrow black-and-white tile border in the bathroom. The curtains will match very well."

"Speaking of curtains," said I. "Let me read you a letter from one of my radio listeners in Missouri. I want you to see how she has furnished her kitchen.

Here's the letter:

"'I will tell you how I have my kitchen -- The walls are a light blue, the woodwork cream, also the cabinet, and the little table by the window. The room is large, and I use one end for a breakfast nook. My breakfast set is blue, with cream trimmings. There is a light blue and tan checked linoleum on the floor. The curtains are of unbleached muslin, with a border of yellow, with blue and white figures. I also have a sink, near the cabinet.'"

The women all agreed that this kitchen must be very attractive. "I'd love to see it," said Mrs. Jane. Mrs. Jane has had her kitchen remodeled recently. She is much interested in kitchens.

"I have always maintained," said Mrs. Jane, who is exceedingly practical, "that we women don't pay half enough attention to floors, and walls, and woodwork. Why not have a kitchen floor that is durable, comfortable to walk on, smooth, but not slippery, easy to clean, not injured by grease and water, and attractive in color and appearance. Such a floor might add several years, to our lives. A wooden floor, finished with paint or oil, or a good quality of plain or inlaid linoleum, is comfortable and attractive.

"For the walls -- smooth, hard plaster, finished with good quality oil paint, is probably best. Oil paint will stand repeated washings, with lukewarm suds, made from neutral soap, and can be renewed easily.

"A wooden strip or molding, four or five feet above the floor, cuts off the part of the wall that receives the hardest wear. If it is painted, or stained a different tone from the rest of the wall, this dado-- "

"This what?" exclaimed the Neighborhood Sewing Club in chorus.

"This dado -- d-a-d-o-- this wooden strip, or molding, which is applied four or five feet above the floor. What I started to say, when you so rudely interrupte me, is that this dado can be painted or stained a different colorfrom the wall above it. Then the wall below it, which gets the hardest wear, can be washed, or refinished, without making the upper wall look shabby.

"The woodwork should be plain, and there should be as little of it as possible. The baseboard, especially, should be made to shed dirt, rather than collect it."

"What about the color of the walls and woodwork?" asked Mary Alice.

"The color depends on the lighting of the room, and on its exposure. Light tans and greys, with enough yellow to give them life, are generally best. They don't show dirt quickly, and yet reflect considerable light."

"You should see the kitchen cabinet Jim is getting me for Christmas," said Mrs. Smith, sewing a pink cuff on Jim's flannelette pajamas. "I will be so glad to discard my old-fashioned kitchen table. It has one narrow drawer-- not enough room for a screw driver! I told Jim there were three points he must consider in buying my kitchen cabinet: First, the cabinet must be so well made that insects and mice can't get into it; second, it must be made of material that is

easy to clean; and third, the drawers and compartments must be suitable in size and shape for the articles I'm going to store in them."

"In other words," commented Mary Alice, "you won't be satisfied with anythin but a perfect kitchen cabinet."

"Correct," said Mrs. Smith. "Will someone please tell me what's wrong with this pajama coat? It looks queer."

"It does that," said Mrs. Jane. "You have the right sleeve in the left arm hole. Give it to me, while you help Aunt Sammy with the refreshments."

"Wait a minute," said I. "Have you seen the new bulletin on 'Convenient Kitchens,' just prepared by the U. S. Bureau of Home Economics? It's one of the most interesting bulletins yet published. Look here, at all the illustrations! If I were going to build a new kitchen, or make a few labor-saving changes in an old one, I would order this bulletin. It is Number Fifteen-Thirteen, and is sent free, on request. I have an idea a good many of my listeners will write for it."

"Let's see it," said Mrs. Jane, "I'm interested in these 'High Points of Kitchen Planning.' Listen, while I read this:

"'First, last, and all the time, in planning and equipping a kitchen, think about the work to be done in it.

"'If building or remodeling a kitchen, make it oblong, and with no more floor space, than actually needed. A Kitchen is a workroom. Spaciousness is paid for in miles of extra steps.

"'Study the relation of the kitchen, to the rest of the house. Make a direct connection from kitchen to dining room, in the common wall between them. See to it also that there is easy access to front and back doors, to the telephone, to the stairs, to the cellar, and to the second floor.

"'Arrange for adequate ventilation, in all weathers. Arrange for good lighting, at all work centers, at night as well as during the day.

"'Choose finishes for floor, walls, and woodwork, that are durable, suitable in color, and easy to keep clean.

"'Select furnishings that fit the needs, suit the wall and floor space, and will pay for themselves in usefulness.

"'Decide on the most comfortable height, of working surfaces.

"'Group all equipment, large and small, into compact work centers, for preparing raw food, cooking, serving, clearing away, dishwashing, and so on.

"'Arrange these groups from left to right, following the order in which the various jobs are done.

"'The kitchen is above all else, a place to prepare and serve food. Limit

it to this use if possible, and arrange for laundering, and such work, to be done in another place.'

"The person who wrote that knows a lot about kitchens," concluded Mrs. Jane. "You may put me down for one of the bulletins, Aunt Sammy."

Would you like to know what I served for tea? A very simple buffet menu, and easy to prepare. Tea, with slices of orange and lemon; watercress sandwiches; savory cheese sandwiches; and orange and white candies.

(Read next paragraph slowly)

The watercress sandwiches were made of watercress ground fine, creamed with the butter, and spread on graham bread. Parsley, with a few drops of lemon juice, might have been used instead of watercress. The savory cheese sandwiches were made of sharp-flavored club cheese, chopped English walnuts, a few drops of onion juice, a little salt, and two or three tablespoons of tomato catsup. I left the cheese in a warm room, to soften, and then added the other ingredients to form a mixture of the right consistency to spread. I used my fancy cooky cutters for the sandwiches. Somehow, sandwiches cut in diamonds and triangles are so much more interesting than plain square ones.

I made the sandwiches ahead of time, wrapped them in a cloth wrung as dry as possible from water, and put them in the bread box.

My teacloth and napkins were white. The centerpiece was a large bowl of yellow and white chrysanthemums. I poured the tea from an orange lusterware teapot, into thin china teacups. My teacups are white, with narrow gold bands, which makes them harmonize with the orange luster teapot. That teapot is an aristocratic piece of china -- tall and stately. Sometimes I imagaine it assumes a haughty expression, when the members of our sewing club talk about such ordinary things as kitchens, and pajamas, and bathroom curtains.

Now I've reached the end of my Chat, the place where I always bring in something about the Radio Cookbook. But I'm not going to tell you about the cookbook today--it's <u>your</u> turn to tell <u>me</u> about it-- what you think of the recipes, and what recipes you want included in the next sets of pages. Will you do that? Thank you.

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UNITED STATES DEPARTMENT OF AGRICULTURE

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PROGRAM Housekeepers' Chat RELEASE Thurs., Dec. 9.

ANNOUNCEMENT: Today's Chat concerns every woman who is interested in a happy, well-nourished family. How to establish good food habits in children, and how to overcome bad food habits, are discussed in this program. The information comes from one of the specialists in the U. S. Bureau of Home Economics who has made a study of child nutrition. Aunt Sammy concludes her talk with another recipe, which will be added to the Radio Cookbooks. The Cookbooks are sent free to every woman who listens-in regularly to Radio Station _____.

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"Aunt Sammy," called my Next-Door Neighbor, yesterday morning, "Percy DeWallingford Waffle, is threatening to run away from home! His mother is almost frantic!"

"You can't blame the child," I answered. "I'd run away too, if I had a name like that!"

"But Aunt Sammy," cried my Next-Door Neighbor. "This is really serious! Percy DeWallingford Waffle, is going to run away from home, because he doesn't like spinach! He won't eat spinach, because his father dislikes it. He won't drink milk, because his mother can't stand it. The poor child is all nerves, Aunt Sammy!"

"I should think he would be. How old is this Percy DeWallingford Waffle?"

"Almost five years old. He starts to kindergarten next month. Mrs. Waffle is making herself positively ill, over the child. Let me tell you what happened, the other morning, when I had breakfast with the Waffles. Percy simply refused to drink his milk!

"'Drink your nice milk, Percy,' coaxed his mother. 'The nice milk will make you a big, strong boy, like Gene Tunney.' Then she turned to me, and whispered: 'He's just like me! I never could drink m-i-l-k!' Of course Percy DeWallingford knew what she meant. No wonder he won't drink milk, and eat spinach!" snorted my Next-Door Neighbor.

"A very sad case," I agreed. "But what can I do about it?"

"Do about it!" echoed my Next-Door Neighbor. "Why, tell Percy DeWallingford's mother what you have learned, from the Bureau of Home Economics, about feeding young children!"

"Look here," I objected. "You want me to take my valuable time to talk about the feeding problems of young children, when almost every up-to-date mother in the United States, knows how to solve her own individual problem. No two children will respond alike to the same treatment. Each mother must do her own experimenting in training and in discipline. Modern mothers read the best magazines on child health. They attend children's clinics. They have their children examined occasionally, by a competent physician. What can I tell them?"

"Oh, Aunt Sammy! Please, for the sake of Percy DeWallingford Waffle, who never gets the right food! If you could see his spindling little legs, his dark-circled eyes, his poor little round shoulders, his colorless lips! You would weep, Aunt Sammy, you really would!"

"No, I wouldn't weep! I'd tell his mother how to feed him."

"I knew it!" cried my Next-Door Neighbor. "Now you go ahead and tell his mother how to feed him, and I'll find a recipe for your listeners. You can broadcast the recipe just as soon as you finish talking about the feeding problems of young children!"

Did you ever see anyone like my Next-Door Neighbor? She always wheedles me into doing whatever she wants. If you women will be patient, while I tell Mrs. Waffle how to feed young Percy DeWallingford, I'll give you my Next-Door-Neighbor's recipe. It's a very good one. I suspect she got it from the Bureau of Home Economics, which is responsible for every recipe I broadcast. Many of these recipes the bureau originates; others, it tests. (I might add, on the side, the Bureau improves, in one way or another, practically every recipe it has anything to do with.)

Now I must talk to Mrs. Waffle. In the first place, Mrs. Waffle, the family meal hour in your home must be very unpleasant. I expect your five-year-old son has been bribed, and threatened, and punished, because he won't drink milk. Perhaps he has been sent from the table, in tears, because he won't eat his lettuce, or his spinach, or his oatmeal. Older members of the family look forward to Percy's "tantrums" with trembling and with fear. Let's just imagine now, that Percy's dad comes home from work, tired and weary. He sits down to a well-cooked meal.

"Gee, I'm glad to get home!" says Percy's Dad. "Gee, this is a good meal. Just what I like. Except the spinach. You know I don't like spinach!"

Then Percy's dad begins to serve. He serves Mother. Then he serves Percy. "You'll have some of this fine spinach, won't you, Percy?" coaxes Dad.

"No!" says Percy. "I don't like spinach!"

"WHAT!" thunders Dad. "You don't like spinach? What in the world! Spinach will make you grow up to be a nice, big, strong man, like Daddy!"

If Percy were somewhat older, say twenty, instead of five, he might explain a few things to that "nice, big, strong man." But since he is only a little boy, he refuses the spinach, is sent upstairs, and cries himself to sleep.

"Can't have that young fellow grow up without learning to mind," says Percy's Dad.

I feel sorry for Percy's Dad. I feel sorry for Percy's mother. But I feel sorriest for Percy, because he doesn't get the right things to eat.

Let's talk about Percy for a minute. He came into the world, a normal child, without any food prejudices. He hadn't even a developed sense of taste, or of smell. He was almost entirely at the mercy of grown-ups, who influenced, consciously or unconsciously, his first likes and dislikes, for certain foods.

The first food a child knows is milk. Other foods are gradually introduced into the diet. By the time he is weaned, a child should be accustomed to a variety of fruit, vegetables, and cereal flavors, and to eggs. Each new food, should be introduced into the diet, in small amounts. The eggs, especially, must be added cautiously, a little at a time. Eggs are a valuable food, but they are so con-cen-trated that they may cause digestive upsets, in small children, when too large a quantity is given at first. A half teaspoonful of egg yolk, or even less, may be added to the cereal gruel, or the orange juice. The amount may be gradually increased, until the child in his second year takes a whole egg yolk easily. He may then be given a whole egg, occasionally.

Most every mother knows that a child spits out the first tastes of half solid foods. Not because of the flavor, but because the food is solid, different from his milk diet. The mother who understands this reaction is not discouraged. Through repeated efforts, she patiently adjusts her child to his increasing diet.

It is important that young children form good food habits. This means that a child must be really hungry, so he will have an appetite for his meals. A normal child, will have a good appetite, if he has plenty of fresh air, exercise, rest, and sleep. He should have a regular meal schedule. Sweet foods--candy, cake, and so forth--must be served only at the end, of a meal that has supplied the foods he really needs. Many very young children seem to need a mid-morning and a mid-afternoon lunch. Milk, fruit juice, or fruit, are desirable for between-meal lunches, if they do not spoil the child's appetite for his regular meals. Better not serve sweets--not even jelly and preserves on bread-- at these between-meal lunches. Sweet foods are sure to weaken the child's appetite for the other foods he should have.

Parents should not take advantage of the good appetites of healthy little children. A child's diet should be carefully planned to meet his needs. The food should be well-prepared. If a child is served lumpy cereals, cold eggs, or stringy vegetables, he won't build up a liking for these foods.

But providing good food, for a hungry child, isn't all there is to this food problem. Children are bound to imitate their parents. They are also very susceptible to food suggestions. If a child hears his mother express a dislike for a certain food, even hours before mealtime, he is quite likely to refuse the food.

This rule works both ways. If a child hears a grown-up express a fondness for a certain food, the child is quite likely to ask for this food.

One more word of advice. See that the meal hour is pleasant. Don't let young children become emotionally upset, from fear, or punishment, or fright, or nagging from older brothers and sisters.

I know a woman who has an active dislike for oatmeal. One time, when she was very young, her father scolded her soundly before company, for not eating all her oatmeal. She has never been able to eat oatmeal without recalling the unhappy incident.

One of the nutrition specialists in the Bureau of Home Economics gave me these four rules for establishing good food habits in young children:

First: Give the child a variety of flavors, early in life. In many cases the foods people think they do not like, are the foods they have never tasted.

Second: Serve the child small amounts of a food, until he forms the habit of eating it. Don't be discouraged if he refuses the food, the first few times.

Third: See that mealtime is one of the pleasantest periods of the day.

Fourth: Increase the child's appetite for wholesome food, by giving him meals at regular periods. Give him food so well prepared that he can't help liking it.

These are four pretty good rules, are they not? If these methods fail, and the child still refuses to eat the foods he needs, the following suggestions may help:

First: Change the method of preparing food. For instance, if the child dislikes milk, serve it in soups, or puddings.

Second: Give the child small amounts of the food he doesn't like, along with something he does like. Suggest that he must clear his plate of both.

Third: Withhold the favorite food, until the less-desired food has been eaten.

Fourth: Praise the child occasionally, when he has eaten the food he doesn't like. But don't over-do this until he feels himself a hero. He's just doing what a normal child should.

Fifth: If the child still refuses to eat wholesome food, try to reason with him.

(I know what one mother is thinking, way out west in Kansas. "Reason with him," says this mother. "I'd like to see anybody reason with my Willie!")

Well, if reasoning has no effect on Willie, and he refuses point blank to eat his carrots, or his baked apple, or whatever it is, remove his plate. See that he gets noting to eat until the next meal hour. I know this takes courage, on the part of the mother, and sometimes cooperation on the part of the family, and neighbors. Usually missing one meal is enough to make Willie see that his mother "means business."

I hope that I have given Mrs. Waffle the information she needs on the feeding problems of young children. I'm interested in Percy DeWallingford. All he needs is good wholesome food, served at regular times, amid pleasant surroundings. I want Percy to have a good straight back, a broad chest, erect shoulders, sparkling eyes, and rosy cheeks.

Then he will be a very attractive child, except for his name. And he really isn't to blame for that.

Now we're ready for the recipe my Next-Door Neighbor promised you. Well, well! What do you think it is! Cranberry Muffins! Very peculiar. It's the very same recipe the Specialist in the Bureau of Home Economics gave me last week. I'll have to look into this matter. I tasted these muffins, when the Recipe Specialist made them. I know they're good, and most appropriate for the holiday season. Ready for the recipe now: nine ingredients:

1/3 cup butter melted
1/4 cup sugar
1 egg
3/4 cup milk
1/4 teaspoon salt
2 cups sifted flour
4 teaspoons baking powder
1 cup cranberries
2 tablespoons sugar

Are you sure you have nine ingredients? Let's check them. (Repeat).

Break the egg into a mixing bowl. Beat it lightly. Add the milk. Sift the dry ingredients. Then add the milk and egg mixture; also the melted butter. Roll the cranberries in the two tablespoons of sugar, and fold them carefully into the batter. Place in greased muffin pans. Bake in a moderate oven, about one-half hour, or until brown.

This makes twelve muffins.

One more recipe for the Radio Cookbooks, which are growing bigger and better every day.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Reserve

PROGRAM Housekeepers' Chat RELEASE Fri., Dec. 10

ANNOUNCEMENT: Old-fashioned spoon bread, and Jellied Veal, are on Aunt Sammy's program today. Some good questions, too, about interior decorating, and bedroom furniture, and foods for children. The recipes have been tested and approved by the U. S. Bureau of Home Economics.

* * * * *

There are so many questions to answer today, that I'm going to begin with them immediately.

"Please tell me," writes a listener from Texas, "how to make old-fashioned spoon bread. I want to serve it for breakfast, with crisp bacon."

That is a good breakfast suggestion -- spoon bread with bacon. Spoon bread is classed with the quick breads--along with biscuits, muffins, corn bread, and Sally Lunn. Quick breads are so called to distinguish them from yeast-breads, which require a longer time for preparation.

I have three recipes for spoon bread, but this morning I am going to give you just one. The others must wait until next week. The members of my family are very fond of spoon-bread and bacon. I often serve it for breakfast, and occasionally for supper. My recipe calls for six ingredients, as follows:

1 cup corn meal
2 cups cold water
1 cup milk
2 or 3 eggs
2 tablespoons butter (melted)
2 teaspoons salt

I'll repeat the ingredients: (Repeat)

Mix the meal, water, and salt. Boil for five minutes, stirring constantly.

If you have it, use a cup of milk, in place of one cup of water. Add the well-beaten eggs, 1 cup milk, the melted butter, and mix well. Pour into a well-buttered hot pan, or glass baking dish. Bake for 45 to 50 minutes, at a temperature of 400° to 450° F. Serve with a spoon, from the pan or dish in which the bread is baked. Spoon bread is soft, like a custard or a souffle, and has a rich, delicious flavor. Try it, with crisp bacon, when you want to vary the breakfast menu.

Now i'm going to answer half a dozen questions, before I give you the second recipe, which is for Jellied Veal. I'm sure you will like it.

First question: "Does cooking destroy the minerals contained in vegetables?" No, cooking does not destroy the valuable mineral salts found in many fresh vegetables. Some of the minerals, however, are dissolved in the liquid, in which vegetables are cooked. That's why it is important that this liquid be served. Mild-flavored vegetables may be steamed, boiled in very little water, or cooked a short time, in milk, so the amount of liquid to serve with the vegetable is small. The larger amount of water, from the cooking of the strong-flavored vegetables, may be saved for soup, or used in thickened gravies and sauces.

Second question: "What foods would you suggest for anemic children?"

This question, as well as the next one, has been asked before. However, they are both on important subjects.

Egg yolk, unusually rich in iron, is very valuable as a food for anemic children. Prunes, raisins, orange juice, green vegetables, especially spinach, are valuable sources of iron. Liver is especially valuable as a food for anemic persons.

Third question: "Does milk contain minerals?"

I should say it does. Especially calcium. Calcium is one of the minerals the body needs, for bones and teeth. That's why milk is such a good food for children. They need lots of calcium, to build good strong bones and strong teeth.

Next question: "What decorations are suitable for the top of an upright piano? I do not care for photographs."

This question has been answered by mail. I believe, however, that all of you will be interested in the answer.

If you do not care for such personal objects as photographs on top of the piano in your living room, you might use candlesticks, or vases. The candlesticks should not be too high. Vases which are just alike, or vases which harmonize in shape and color, could be used instead of the candlesticks.

Instead of objects on the piano, a figured fabric might be used as a hanging behind it. Block linens, and India print, (if you are lucky enough to have one), a beautiful piece of cretonne, oriental embroidery, a Paisley shawl or an interesting hand-woven fabric---any of these would make an attractive drapery behind the piano. Then, if you want to show that the drapery is related to the piano, place on top of the piano a piece of pottery, which repeats the colors in the drapery.

A word about the runner, on top of the piano. The runner should not hang over the edge. It should be blue, rose, or green, or a color that harmonizes with the colors used in the room, rather than white, or cream. Velour, satin, colored linen, or Shantung, simply hemmed, would be appropriate.

Whatever ornaments you use on the top of your piano, be sure they stand firmly, even when the piano is being played. Also, see that they do not set up "sympathetic vibrations", whenever a certain key in the piano is struck. A friend of mine once put an innocent looking brass bowl on the piano, and every time F Sharp was struck, that bowl responded. This is the reason real musicians never allow anything to be placed on a piano top. They want perfect tone.

The next question is from one of my junior listeners, who lives on a farm in Maryland. She wants some suggestions about bedroom furniture, especially beds.

Your room needs only a few pieces of furniture. If possible, have them plain and substantial. Painted bedroom furniture is attractive. It is much prettier than the cheaper grades of oak, or stained wood. Old bureaus, bedsteads, tables and chairs, even though quite different in design, can be made to "match" if they are painted white, or ivory, or an attractive shade of gray, or tan.

Very often old pieces of furniture have fancy "gingerbread" trimmings which are only glued on. If you think the trimming spoils the looks of the furniture, (and very often it does), take it off, before you do your painting. The high head and footboard of an old-fashioned bedstead can sometimes be cut down, making the bed less clumsy, as well as allowing better circulation of air.

The bed is the most important piece of furniture in your room. If you have only a small amount to spend, economize on everything but the bed, especially the mattress, and springs.

Be sure the springs are substantial enough to support your weight, without sagging too much in one place. At the same time, the springs must "give" enough to make the bed comfortable. A somewhat hard bed is more healthful than a very soft one.

Good mattresses are made of curled hair, felt, or cotton. When buying a mattress, notice the tacking along the edges, and the quality of the ticking. A plain striped ticking, of good grade, is better than a lightweight flowered design, and loose weave. A slip-on cover of unbleached muslin, which you can make yourself, keeps the mattress and pillow clean. Button or baste the pillow cover at one end. It can be slipped off occasionally and washed.

Is that enough information about beds, for this time?

Before I conclude this week's programs, I want to give you a recipe for Jellied Veal. One of my listeners asked some time ago for some "tasty dishes of veal." I have two, one cold and one hot. Both of these may be made from the less expensive cuts. I will give you the hot dish next week.

Veal, the meat from calves, is easily distinguished from beef by the pinkish color of its lean, and the clear white of its fat. Veal contains less fat, and more connective tissue, than beef. It often needs to be cooked for a longer time to make it tender.

Of course most all of you know that "veal is the meat from calves." But there may be a few very young housekeepers who can not distinguish veal from beef. Let me tell you a true story I heard this week. A freshman high school girl undertook to cook the Thanksgiving turkey, for her father and three brothers. "I've never roasted a turkey," she boasted, "but anybody can follow directions in a cookbook."

Her father entered the kitchen while the Thanksgiving dinner was being prepared. He found the girl busy with needle and thread, taking neat, even stitches all over the turkey.

"I don't know what this if for," said the girl, "but the cookbook says to 'baste the turkey occasionally.' I've basted it three times, already. Do you think that's enough?"

Luckily for the family, the girl's father knew more about cooking than she did.

If you have your pencils ready now, I'll give you my recipe for Jellied Veal. It has been tested and approved by the Bureau of Home Economics. Seven ingredients, as follows:

2 pounds veal
1 quart water
1 tablespoon gelatin
Juice of 1/2 lemon
1 tablespoon finely chopped parsley
1 cup whipped cream
Salt and pepper to taste

There really are eight ingredients, if you count the salt and pepper as two. Let's check them now. (Repeat.)

Cook the veal at simmering point, until tender. Separate the meat from the bones. Put the meat through the grinder, using the fine knife. Soak the gelatin in 1/4 cup of water. Add it to the hot meat broth. Add the seasoning. Let the mixture stand, until it begins to set. Then fold in the whipped cream, and pour the mixture into a dampened, oblong pan. Chill thoroughly, until firm. Cut in slices. Serve as a cold meat with salad. Bony pieces of veal, such as cuts from the neck and the shoulder, are excellent for making jellied veal.

This meat dish will join the other recipes in the Radio Cookbook. By the way, I must gently chide one of my listeners. In writing for the cookbook, she says, "Please send me one of the cookbooks, from which recipes are taken."

That almost hurt my feelings. The recipes aren't taken from any cookbook. Most of the recipes are the result of experimental work done by the United States Bureau of Home Economics. They are tested very carefully. Every recipe I broadcast is approved by the Bureau. Then, after they are broadcast, they are printed, and sent out in looseleaf form, every few weeks, to the women who are on the cookbook mailing list. See the advantage in that? Those who listen-in regularly get the recipes before they are printed at all! Exclusive, are we not?

I have two or three menus planned for next week, and a number of Christmas candies. Think I'll give you some candy recipes about next Tuesday. You must have a Christmas dinner, too, and special decorations. I wont't promise, but I'm going to <u>try</u> to suggest something quite novel in Christmas decorations this year.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Reserve

PROGRAM..... RELEASE.....

HOUSEKEEPERS' CHAT Mon.Dec. 13.

ANNOUNCEMENT: Aunt Sammy will tell you all about oysters today. Included in the "Chat" are two or three recipes, and a menu. The recipes and the menu have been approved by the U. S. Bureau of Home Economics, and will be included in the Radio Cookbook, copies of which are sent free to Station_____'s listeners.

* * * * * * *

Lettie took me to the Fish-Market again last Saturday. Lettie is my automobile. Bright and early we started out, for the seven mile drive to the city.

"It's such a beautiful day," I said to myself. "Why not take a new road to the Fish Market? Let's go through the park, Lettie, and see some of the country. Maybe we won't get lost."

Lettie was eager to go. She chugged out of the garage, made her way carefully over the dirt road, and was fairly cautious on the winding trail through the park. But I wish you could have seen Lettie when we got out on the city pavement.

"Watch out, Lettie!" I warned her. "You must not go so fast! First thing you know, Aunt Sammy will land in jail. What will the women do then, for want of new recipes?"

Never a word from Lettie. She fairly flew over the road.

"Letty"! I said finally, "the fresh air, and the sunshine, and the smooth road, have gone to your wheels. Stop! Before it's too late!"

I don't know whether it was because of me, or because there was a policeman standing behind a telephone pole. Anyway, she stopped suddenly.

The policeman looked suspiciously at Letty. Then he looked at me, also suspiciously.

"Lady," he said, reproachfully, "haste makes waste."

[illegible]

[illegible] Until you [illegible] [illegible] have been appointed in the U. S. Bureau of Mines "[illegible]" and will be through [illegible] in the Bureau [illegible], only [illegible] are [illegible] [illegible].

* * * * * *

[illegible] work on the [illegible] [illegible] commonplace [illegible] [illegible] for the [illegible] [illegible] [illegible] [illegible].

"[illegible] beautiful day," I said to [illegible] [illegible] [illegible]

"Yes sir," said I. "And she who hesitates is lost. Can you tell me the way to the Fish Market? I am somewhat confused about the directions. Which way's east? And which way's west?"

"East is east, and west is west, and never the twain shall meet," he quoted.

"Quite so," I agreed. "But they frequently change places. I don't often drive in the city. I'm lost. Can you tell me how to get to the Fish Market from here?"

The policeman consulted a little book. He scratched his head. "Lady", he said, "if I were you, I wouldn't start from here."

Isn't that just like some policemen? It's a wonder to me that we ever found the Fish-Market, but we did.

The Fish-Market man was much interested when I told him what I wanted. Right away he began to talk about oysters.

"I've been 'reading-up' on the subject of oysters," he said modestly. "We all know that oysters, and other shellfish, are wholesome and useful foods, though the oyster is perhaps the most widely used in this country.

"Excellent oysters are found on our coasts, from Massachusetts to Texas, and from Washington to California. In fact, oysters are so popular that artificial oyster beds have been established. Would you like to know something about young oysters?"

"Indeed I would."

"Before a young oyster forms its shell, it is a free swimming animal. When the growing shell becomes too heavy to carry about, the oyster settles down and attaches itself wherever it lights. If it happens to strike sandy ground, it is likely to be buried, and smothered.

"Oyster farmers make beds of oyster shells, on which the oysters may settle. It takes several years, after the oysters are planted, for them to develop sufficiently for market. The oysters are not always safe, however. Sometimes fish will wipe out a whole oyster bed, in one night. And sometimes the young oysters grow so closely packed together, that they can't open their shells to get food."

"A very unhappy situation," I said. "Can you tell me whether 'green' oysters are wholesome? I have heard that they are not."

"Oh yes, green oysters are wholesome. The greenish color is due to

little green plants the oyster eats. In Europe, the delicate flavor of green oysters is preferred. In France, the oysters are purposely left in water where these tiny plants grow. But nothing equals the American oyster, so even many Europeans admit."

"Can people inland get good oysters?" I asked.

"Yes, oysters are now shipped all over the United States, either in their shells or shucked. If properly handled, they are fresh and excellent. Also there are canned oysters, if fresh ones are not available.

"It's a good thing people everywhere can get oysters," continued the Fish Market man. "Oysters, and in fact all fish, and shellfish, contain iodine. Scientists say, you know, that goiter is common in regions where there is lack of iodine. So it's a good thing to eat oysters, and other sea food, often."

"Oysters are a source of vitamins B and C," I said, just to show that I knew something too," And they contain important mineral salts, and some protein," I murmured, under my breath.

"What's your favorite way of serving oysters," I asked the fish market man.

"Favorite?" he said, looking puzzled. "Why, I like them dozens of ways. They are good raw, and they are good cooked. Do you know how to serve raw oysters in cocktails, and on the half shell?"

(I don't mind telling you women that I knew how to serve raw oysters, but I let him tell me his way. Thought I might learn something new.)

"For the cocktail," he said, "put the oysters in a sieve, placed over a bowl, and let the liquor drain off. Look the oysters over, and remove any particles of shell. Any pearls, too. Yes, there are pearls in oysters. Not like the one you have in your ring, though it grew inside a shell, just as these do."

"Now, I'll tell you how to make an oyster cocktail. Say you have about a pint of raw oysters, if you are serving five persons. To season the oysters, you will need - "

"Here, wait a minute," I interrupted him. "I'd better write this down. Please tell me the exact ingredients for an oyster cocktail, and speak slowly."

"Very well," said the man. "For oyster cocktail, you will need:

1 pint raw oysters
6 tablespoons tomato catsup
3 tablespoons lemon juice or vinegar
12 drops tabasco sauce
1/2 teaspoon salt
2 tablespoons chopped celery
1 tablespoon Worcestershire sauce
2 tablespoons grated horseradish

Eight ingredients and I'll repreat them. (Repeat.)

Mix all the ingredients except the oysters. Chill. Place the cold oysters in cocktail glasses. Add the sauce just before serving.

"For serving on the half shell, it is better to buy oyseters in their shells, and shuck them at home," said the Fish Market man. "Scrub the shells thoroughly. Yes, they will need it. They are likely to have lots of black, sticky mud, on them. Then shuck them, that is, pry them open with an oyster knife. What? you haven't an oyster knife? Well, then, use any heavy old steel blade. Take off the top shell, and discard it. Slip your knife under the oyster, and cut loose the round muscle that holds it to the shell. Place the oysters on the half shell, on plates full of cracked ice. Arrange the shells so that they radiate from the center and allow 5 or 6 oysters to each person. Place a quarter of a lemon in the center of each plate."

"Thank you for your directions," I said. "Oysters on the half shell may be seasoned with salt and pepper, tomato catsup, a little tabasco, and Worcestershire sauce. I have heard of some people who like grated horseradish on oysters."

"Yes," said the man, "some queer people, who don't know a good oyster when they taste one, season them up with all sorts of hot things. As for me, I like oysters that are oysters."

You can imagine how I felt after that! I thanked the man for his information, bought a quart of oysters, and hurried home. I didn't go through the park, however. Betty was still feeling pretty lively. I knew she would lose me again if she could.

Billy opened the garage doors for me. He even helped me with my packages, and offered to carry my handbag.

"Anything happened, Billy, since I left home?" I asked him.

"You bet, Aunt Sammy, you've had a hundred and fifty telephone calls!"

[illegible]

[illegible]

[illegible]

"Be careful, Billy, not a hundred and fifty"!

"Well, anyway twenty. Everybody wants to know how to make candy for Christmas. I thought maybe you'd test some recipes this afternoon, and let me see whether they're good."

Isn't that just like a small boy? Before I tested the candy recipes, which I'm going to give you tomorrow, I planned my supper menu, for Sunday evening. Here's what I served: Creamed Oysters in Patty Shells; Potato Chips; Cabbage Salad; Small, Spicy Cucumber Pickles; Lemon Pie; and Coffee. I like this menu. It's a good combination when there's company for supper. Everything can be cooked early in the day, excepting the oysters and the salad, which are quickly prepared.

The creamed oysters I prepared as follows, with these seven ingredients; Pencils ready?

1 quart oysters (fresh or canned)
2-1/2 cups milk, and oyster liquor
1/2 cup butter
1/2 cup flour
1 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon onion juice, if desired

Count the ingredients please, while I read them again. (Repeat)

Cook the oysters in their liquor, until the edges begin to curl. Don't let them cook too long, or they will be tough. Strain off the liquor. To this liquor; add enough milk to make 2-1/2 cups. Melt the butter, and add the flour, stirring until blended. Add the liquid. Cook for 5 or 10 minutes, to do away with the starchy flavor of the flour. Add the oysters and seasoning. Serve in patty shells, or on toast.

Creamed oysters are delicious, served on toast, or in patty shells. I made my patty shells according to a rich pastry recipe, and baked them over inverted muffin pans.

With my cabbage salad I served a dressing of plain mayonnaise, with a little chili sauce added to it. Two small cucumber pickles were placed on the salad plate, with the cabbage salad.

Lemon pie was my choice of desserts, although canned apricots, or some other acid fruit, would have been just as good.

Shall I repeat the menu? Creamed Oysters on Toast, or in Patty Shells; Potato Chips; Cabbage Salad with Mayonnaise and Chili Sauce Dressing; Cucumber Pickles; Lemon Pie; and Coffee. Milk for the children, of course.

Tomorrow I shall give you some delicous candy recipes, which have been approved by the Bureau of Home Economics. So please come prepared, with pencils and paper. The candy recipes will be included in the next supplement to the cookbook, but that will be too late for the Christmas holidays. However, if you listen carefully tomorrow, I am sure you can take them all down.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeepers' Chat

Tues. Dec. 14

PROGRAM..... RELEASE.....

Reserve

ANNOUNCEMENT: Aunt Sammy will please every listener today. She is going to talk about Christmas candies -- several kinds of Christmas candies-- which the housewife can make at home, with ordinary equipment. Aunt Sammy will tell you also how to pack Christmas candies, and how to decorate the candy box. The candy recipes are from the U.S.Bureau of Home Economics, and will be included in the third supplement to the Radio Cookbooks.

--oOo--

The program today should be a popular one. Nearly everybody likes candy, and nearly every housewife enjoys making it. Home-made candy is an acceptable Christmas gift, packed in a dainty box, wrapped in pretty paper, and tied with gay ribbon. A sprig of holly, stuck through the ribbon, adds a festive touch.

You will need your pencils in about two minutes. Before we write the recipes, let's talk about candy-making in general.

Do you have a candy pan, of suitable size? You will need a pan with a smooth surface, of material thick enough to prevent scorching. Heavy aluminum is good. It should not be too large -- but large enough to allow space for "boiling up." A wooden spoon is desirable. It will not scratch the pan, and is easy to handle in hot candy.

Many people use a marble slab for candy work. If you do not have a marble slab, use a baking sheet, or a large platter. You should have a thermometer, too. Remember, however, that the boiling point varies with the altitude. The temperatures given here are for sea level.

The quality of the sugar is important. Cane and beet sugar are equally good, if they are of the same grade. Light brown sugar has a more delicate flavor than dark brown sugar. The flavor of butter, is more pleasing than that of a substitute, in delicately flavorad candies. Butter is most satisfactory for greasing candy pans, as the fat used is sure to taste.

When you make nut brittles, use an iron pan, rather than tin or enamel. Nut brittles require a high temperature, and the enamel, on enamel pans, is likely to flake off.

I'm going to give you three candy recipes today. These, together with the Parisian Sweets, popcorn ball, and nut brittle recipes; which are already in the Radio Cookbooks, should make quite an assortment for Christmas. And of course many of you have special candy recipes I have never even heard of. If you have a candy recipe which you think is too good to keep, you might send

it to me. I do like to make candy.

The first recipe I have is for Fondant. F O N D A N T. Using plain fondant, as a foundation, one can make many different candies.

For fondant, you will need three ingredients:

2 cups granulated sugar
3/4 cup boiling water
1/8 teaspoon cream of tartar

Did you get the three? I'd better repeat them, because we mustn't go wrong with our Christmas candies. For fondant, you must have: (Repeat ingredients)

Put the sugar, water, and cream of tartar into a saucepan, over a hot fire. Stir constantly, until the sugar is dissolved. Do not stir the candy after the sugar is thoroughly dissolved. Do not splash the sirup. Remove the spoon, and do not use it again, after the sirup boils. Be sure to remove all the sugar grains, on the sides of the saucepan, or the fondant will be gritty. Remove the sugar grains, or the crystals, with a dampened brush, or a clean wet cloth. Do not shake or move the kettle, while the sirup boils. Cover the pan for a few minutes. Let the sirup boil, until it reaches a temperature of 235 degrees Fahrenheit, or 113 degrees Centigrade, or until it forms a soft ball, when dropped into cold water. Be sure the bulb of the thermometer is covered, and does not touch the bottom of the pan. Pour the sirup in a thin sheet, onto a chilled platter, so it will cool quickly. Do not scrape out the saucepan. Fondant is a very tempermental candy, and it will granulate, or grain, with the slightest provocation. That's why the fondant must be poured from the pan, without any scraping. When the sirup is cool, work it, until it creams, with a flat wooden spoon. When it forms a soft solid ball, work it with the palms of the hands, as you would bread dough, until it is smooth.

Place the fondant in an earthenware or glass dish. Wet a clean cloth in hot water, wring out well, and lay over the top of the candy. After about 24 hours, the fondant is ready to mold. Fondant made in this way will keep for months, in a cold place. Cover with a moist cloth, or store in a tightly covered jar.

The following are a few of the ways in which fondant may be used. I will speak slowly, and you may write down the suggestions which appeal to you.

Form the fondant into small balls, with the palms of the hands, and press halves of walnut, pecan, or other nut kernels into them. Or roll the balls in finely chopped nuts, or shredded coconut, or work these into the fondant, before forming it into balls. Irregular-shaped balls of fondant may be rolled in cinnamon, for "cinnamon potatoes." Gouge out "Eyes" to make them more realistic. Candied fruits, such as cherries, pineapple, cranberries, grapefruit peal, and citron, may be used in the center of fondant balls, or pressed into the surface.

With or without added nut meats, fondant may be used to stuff dates, and prunes.

Fondant may be melted, and used to cover various kinds of fruits, such as strawberries and white grapes. Firm fruits, with unbroken skins, should be used for this purpose. A little of the stem should be left on them. They should be dipped very quickly, into the melted fondant.

Fondant may also be melted, flavored with oil of peppermint, oil of wintergreen, oil of roses, vanilla, or almond extract, and dropped from a teaspoon on waxed paper, to make wafers about the size of a quarter. After they become hard, they may be dipped in chocolate. In fact, practically any of the fondant candies may be coated with chocolate.

Perhaps you would like to have a reliable method of covering candies with chocolate. Write this down, if you care to:

Melt the commercial chocolate prepared for this purpose in a double boiler. Be careful not to let the water in the lower part boil, for this makes the chocolate coating streaked, when it hardens. With a two-tined fork, lower the fondant candies, fruit balls, or nuts, into the melted chocolate. Lift them quickly, and scrape off with a knife the surplus chocolate that drips from them. Place on waxed paper to dry.

The next recipe is for Nut-Coated Marshmallows. A dainty confection, and not difficult to make. For Nut-Coated Marshmallows, you will need these seven ingredients:

1 cup blanched almonds
1 cup pecan kernels
1 cup English walnut kernels
1-1/2 teaspoons salt
2 cups medium brown sugar
2/3 cup water
1-1/2 pounds, or 120 fresh soft marshmallows

Seven ingredients. Let's check them. (Repeat.)

Chop the nuts very fine. Shake them through a sieve, so the peices will be the same size. Add the salt to the chopped nuts and stir well.

Now we will make a sirup.

Make a sirup of the brown sugar and water, boiling it to 226°Fahrenheit. If you do not have a thermometer, boil the sirup till it "threads", from the spoon. (This method of determining the right moment, to take the candy off the fire, is not so accurate or satisfactory, as the thermometer method.) Remove the saucepan from the flame, when the temperature 226° Fahrenheit is reached. Set the candy in a larger vessel of hot water. At once, drop the marshmallows, one by one, into the hot sirup, using forks to handle them. Remove the marshmallows promptly. Roll them at once in the chopped nuts. Place on oiled paper, to dry. If the sirup gets so cool that it begins to harden, place it over the flame to reheat. Do not allow it to come to a boil.

If there is a coating of loose starch, or powdered sugar, on the marshmallows, brush or shake it off before dipping them into the sirup.

Are you tired of taking candy recipes? There's a lady who says she has written so steadily and so fast she almost has writers' cramp. Let's leave the third recipe--for pralines--till tomorrow. You couldn't use all the recipes today anyway.

What shall we do, in the next three minutes? Answer practical questions, or talk about suggestions for the Christmas candy box? We will take a standing vote. Those in favor of practical questions first. . . . .Seventeen. Candy boxes--one million, six hundred, and seventy-eight. The candy boxes have it, by an overwhelming majority. (Why Patricia, of course I can count a million, six hundred, and seventy-eight!)

We want our Christmas gift candy boxes to be very attractive. Small, tin boxes, of different colors and shapes, can often be purchased, if you don't have them on hand. This reminds me of the time, not many years ago, when we were packing tin candy boxes to send across the sea.

Plain, white pasteboard boxes, tied with colored ribbon, are also pretty.

Line the box with oiled paper. Use oiled paper between the layers of candy, and to cover the top. Lace paper doilies, which can be bought for very little at the Five-and-Ten, improve the appearance of the box. If you want your Christmas candy box to be very fancy, paste paper lace, along the upper edges of the box. The candy may be packed artistically, if you use cardboard partitions. If you use cross partitions, slash each piece of cardboard, to half its depth, before you fit the pieces together. Like this, see? Oh pshaw! of course you can't see! Just slash each piece of cardboard, to half its depth, and fit the pieces together. Then the candy won't get out of place.

When you pack the box, put the heavier and harder candies in the bottom. In the top layer, have some of each kind of candy, arranged artistically, as to color, and texture. Stuffed cherries, dates, and figs, or candies wrapped in bright tinfoil, add interest to the candy box.

That's enough about candy for today. It's a delectable subject, isn't it?

However, there are more important subjects than candy-making. Tomorrow we will discuss a number of them.

Don't forget to write me what recipes you want broadcast during January. I should have your suggestions right away, so I can be working ahead. It takes a long time, and lots of hard work, for the Bureau of Home Economics to test recipes, and see that they are absolutely accurate. That's the only kind of recipes the Bureau wants broadcast.

All the recipes, as well as the menus, will be included in the loose-leaf Radio Cookbooks, which are sent free to every one who listens-in regularly to Radio Station_____.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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PROGRAM Housekeepers' Chat RELEASE Wed., Dec. 15

Reserve

ANNOUNCEMENT: Aunt Sammy's Chat today is full of practical information, on a great number of subjects. There's a practical recipe at the end of this practical chat, and also a recipe for a good old-fashioned candy. The recipes have been tested and approved by the Bureau of Home Economics.

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I must tell you again how much I appreciate the letters you are writing me. I've been carrying two of them around in my pocket for several days. One is from Portland, Maine, and the other from a lady who lives on Branson street, in Minneapolis, Minnesota. I didn't read them to my family. They might think I'm vain, and I'm not, really.

I'll read you this one from Salem, Iowa: "Will you please send me a copy of Aunt Sammy's Radio Cookbook? I consider her household programs the very best on the air!"

Will everybody in the Bureau of Home Economics, please bow to the lady in Salem, Iowa? Come on-- don't be bashful. Yes, that pretty lady is the Recipe Specialist. Isn't she charming? The girl with the boyish hair cut is the Curtain Specialist. She's the author of the bulletin I told you about, called "Principles of Window Curtaining."

The lady in the blue dress is-- There, she's ducked behind the curtain! Never mind! Some day I'll get all the members of the Bureau of Home Economics together, and introduce them to you. A number of them are busy right now, answering questions you have sent in.

That reminds me, I'd better begin answering questions myself, or there won't be time for recipes today.

The first question is from a listener in Malta, Ohio. She wants to know how to clean the bottom of a cream-colored window shade. The Bureau of Home Economics has several suggestions. First, suggests the Bureau, try art gum, a soft eraser which often removes smudge stains, very easily and completely. If this is not successful, try a damp cloth. If the shade is too badly soiled to be cleaned by either of these methods, turn it upside down.

Take the shade off the roller, cut off the hem, tack what was the bottom edge to the roller, and stitch a hem on the opposite end. This of course will make the shade several inches shorter, but it will lengthen its period of usefulness. Since shades are drawn half way part of the time, the lower half receives wear, while the upper half remains perfectly new and good. Try to buy them long, so they can be turned, especially the light colored ones. They will last almost twice as long.

Question Number Two, "How can I keep my teakettle free from lime?"

If the deposit of lime is not too heavy, it can be removed with a hot solution of vinegar, or commercial muriatic acid, using one part muriatic acid to five parts water. Handle the acid solution carefully, as it is corrosive. Frequent applications will keep the teakettle free from lime.

If the deposit is allowed to become thick and hard, there is no practical way of removing it.

Number Three: "Please tell me how to wash woolens."

This is a subject of universal interest in the winter time. It's such a disappointment to wash wollen garments, and have them shrunken, hard, and yellow. Here's the correct way to wash woolens:

Soak them for a very short time, if at all. Wash woolens in plenty of lukewarm water. Rinse in lukewarm water.

Don't use strong soaps. Use a neutral soap in the form of a solution, or a jelly. Never rub soap directly on the fabric. Squeeze and work the material in the suds, without rubbing. Don't wring the garment, but press out the excess water, and wash in a second lukewarm suds. Hand-washing is less likely than machine-washing to shrink woolens, and make them lose their softness. Never boil woolens. Squeeze them from the last suds. Rinse in several changes of lukewarm water, as near the temperature of the suds as possible. Wring the garments through a loosely set wringer. Be careful not to stretch them. All wool materials should be dried in a warm place, but not near a fire, or in direct sunlight. Never allow them to freeze. Hang knitted underwear from the shoulders. Shape the garments occasionally, and squeeze the water from the bottom.

The next question is right in line with washing woolens.

"How can I dry a woolen sweater so it will keep its shape?"

Let me tell you how I dry Fred's sweater. Fred plays on the high school football team. All the members of the team have turtle-neck sweaters, with huge monograms stitched all over the front. Fred thinks the design is beautiful. You may have guessed-- he's much more inclined toward the athletic than the artistic.

Before I wash his sweater, I measure it carefully, and write down the dimensions. After it is washed and rinsed, I spread it, back side down, with sleeves outstretched, on several thicknesses of clean, soft material, laid flat. I measure the sweater, and shape it according to dimensions taken before it was wet. I pin it in place, if necessary, and turn it occasionally after it is almost dry. I'm sending the lady who asked this question a copy of Farmers' Bulletin No. 1497, "Methods and Equipment for Home Laundering," which gives the latest up-to-date information on washing clothes.

"How can I get rid of cockroaches?" is the next question.

Cockroaches are usually attracted by dampness, bits of food, and trash of kinds. Sprinkling sodium fluorid where these pests hide is one method of extermination. Another method is to put daubs of phosphorous paste on the inside of small tubes of paper. This method is good because it keeps the poison away from children, or household pets.

,"Please tell me how to lengthen the life of cut flowers," writes a housewife in Portland, Maine.

As soon as the flowers are cut, plunge them into a deep jar of cold water. Leave them in the water, in a cool place, for at least an hour or two, after they are cut. You probably know that the water in which flowers are kept should be changed at least once a day. This opens the pores, and lets the water into the stems.

One more question, and then the recipes. "I would like a reliable method of washing and drying lace curtains," writes a Minneapolis housewife.

Before you launder the curtains, measure the length and the width, so you can stretch them to the correct size. Wash them as you would any white articles which require particular care, and observe these precautions:

Handle the curtains carefully in the suds, squeezing and working rather than rubbing. Many curtains which appear strong when you take them down from the windows, have been weakened by the action of light, and will go to pieces when washed. If you use a washing-machine, inclose the curtains in a net or muslin bag.

Rinse and blue white curtains as you would ordinary white fabrics.

, If your curtains are cream, ecru, or brown, you may re-color them. Curtains may be re-colored by adding a strong solution of tea or coffee, or both, slowly to the hot water until the desired color is produced. Test the color on a pice of muslin. Brown cotton dyes can be used, in very weak solutions, and should be tested on a sample, for shade. Remove the curtain from the water as soon as it is the desired shade.

Starch the curtains if you like, or better still, use gelatin or gum arabic as a stiffener. You can find directions for stiffening the curtains in the Laundry Bulletin I'm sending you.

Dry the curtains in stretchers, or spread a sheet on the floor, mark off the size desired, and pin the curtains to the sheet, stretching where necessary. Stretchers that do not form scallops where the pins are inserted are best for straight-edged curtains.

Last question: "Is there any way in which oysters can be combined with vegetables, in a stew?"

There is. Turnips, cabbage, celery, and onion may be added to an oyster stew. Such a dish as this may well be planned as the main dish, for dinner, lunch,or supper.

Here is the recipe, which has been evolved by the U. S. Bureau of Home Economics. It's a tasty dish for those who like oysters, and a good means of getting vegetables in the diet. Ready for the recipe? Oyster and Vegetable Stew, eight ingredients, as follows:

1 quart oysters
1 cup water
1/2 cup raw turnip, chopped
2 cups shredded raw cabbage
1 small onion, chopped fine
1 cup celery, chopped fine
4 tablespoons butter
1 teaspoon salt.

Boil the turnip in the water, for 5 minutes. Then add the shredded cabbage and the chopped onion. Cook for 10 minutes. Add the oysters, salt, and butter. Cook for a few minutes, until the oysters curl at the edge. Add the celery just before serving. A little thickening may be used if desired, for the liquor comes out of the oysters as they cook. Serve toasted bread, or crackers, or crisp biscuits, with this oyster-vegetable stew, and you will have a whole meal.

Here's the recipe for the pra-lines, I promised you yesterday. Pra-lines are delicious-- flat, round pieces of creamy candy, full of nuts. I like all kinds of candy, but pra-lines are my favorite, next to assorted chocolates. I do love assorted chocolates.

My recipe for pralines requires four ingredients:

4 cups sugar
1 teaspoon salt
3 cups pecan nut meats
2 cups cream

Four ingredients. I'll read them again. (Repeat).

Listen carefully now, while I tell you how to make them.

Make a sirup out of three cups of the sugar, and the cream. Caramelize the other cup of sugar, by melting it in an iron pan, and stirring constantly with the back of a spoon. Into it pour all the sirup at one time, stirring constantly and rapidly. Add the salt. Boil the mixture to the soft-ball stage, without stirring. Pour into a flat pan, and cool. Beat to a creamy consistency. Add the nuts. Form into flat, round cakes about three inches in diameter, on a waxed paper. This amount makes about twenty cakes. During the creaming process the nuts must be added before the mixture shows signs of hardening, so they will be well mixed. As this candy is to be in the form of round cakes, and not in a mass, one must work quickly to keep the candy from hardening before the cakes are placed on the waxed paper.

Tomorrow I'll give you some recipes for-- Well, I don't know just what I will give you tomorrow. Some cakes and icings, perhaps, since it's so near Christmas. I hope you have good luck with your holiday candies. I'm planning to give you three different menus for the Christmas dinner, next week. That should afford variety enough for any housewife.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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PROGRAM Housekeepers' Chat RELEASE ~~Thurs., Dec. 16~~

Reserve

ANNOUNCEMENT: Two new recipes in Aunt Sally's Chat today. One of them will help replenish the cooky jar, for the holidays. There is a menu, too approved by the U. S. Bureau of Home Economics.

---oOo---

Not long ago I received a letter from a lady who says she likes the Radio Recipes, because they are "simple, practical, and do not call for a dozen eggs and a pound of flour." This letter reminded me of an old cookbook, called "The Lady's Assistant," printed in 1775 -- over a hundred and fifty years ago.

I am going to read you the recipe for Yorkshire Christmas Pie, taken from this old cookbook. You needn't write it down, unless you want it as a curiosity. I'm sure no modern housewife would ever try this recipe:

"To make a Yorkshire Christmas Pie,

"Make a good standing crust, the wall and bottom must be very thick; then take a turkey and bone it , a goose, a fowl, a partridge, and a pigeon; season them well--take half an ounce of cloves, half an ounce of black pepper, beat fine together, two large spoonfuls of salt; slit the fowls all down the back and bone them; put the pigeon into the partridge, the partridge into the fowl, the fowl into the goose, and the goose into the turkey, which must be a very large one; season them all well first, and lay them in the crust; case a hare, wipe it with a clean cloth, joint it and cut it to pieces, season it and lay it close on one side; on the other side woodcocks, or any sort of game; let them be well seasoned and laid close; put four pounds of butter into the pie, and lay on a very thick lid; it must have a very hot oven, and will take four hours baking.

"The crust will take a bushel of flour."

That's the end of the recipe, which I read to you from "The Lady's Assistant," published in 1775. Four pounds of butter, and a bushel of flour! Can you imagine that?

I will make haste with the questions today, so I can give you a few more recipes. Up-to-date ones, I mean.

First question: "Please tell me how to prepare a pumpkin shell, for baking a custard. Does the shell take the place of a pie pan or baking dish?"

I am afraid it is not practical for you to make pumpkin custard in the pumpkin shell. If you remove all the pumpkin meat you can, the shell will be so thin, that it will harden, and dry out, in the baking. It would be better, perhaps, to use either an earthenware or a glass baking dish, or a pastry crust.

Question Two: "Please tell me how to can winter squash."

Instead of answering this question, I am sending you a copy of Farmers' Bulletin Eleven-Eighty, called "Home Canning of Fruits and Vegetables." In this bulletin you will find directions for canning sweet potatoes. You may use the same method for canning winter squash. Many people think it is more practical to store winter squashes, however, than to can them.

Question Three: "Why does my loaf cake rise high in the middle, and crack open in the baking."

Several things may cause a loaf cake to rise high in the middle and crack open in the baking. Perhaps your batter is too stiff.

Sometimes cake batter is stiff because of the type of flour used.

Many recipes for cakes are based on soft wheat, or pastry flour. Hard wheat, or bread flour, thickens the mixture more than pastry flour. If bread flour is used, in a proportion based on pastry flour, the amount should be decreased. A good method is to fill a cup with sifted flour, cut off level with the top of the cup, and then take out two level tablespoonsful from each cup of bread flour which is being used in place of the pastry flour.

Sometimes a cake rises in the middle, and cracks open, because the oven is too hot when the cake is first put in. This intense heat causes a crust to form around the side of the cake first. Then before the cake finishes rising in the middle, a crust forms over the top. Because of this crust, the cake has no further chance to expand, and it cracks open in order to let the steam, and the gas produced by the baking powder, escape.

"My waxed floors look grimy," writes another listener. "How can I clean them?"

Remove the film of dirt and wax, which darkens the floor, with a cloth wrung out of warm soapy water. Or, better still, a cloth moistened with turpentine or gasoline. Remember, though, that turpentine and gasoline are very inflammable. Don't use them in a room with an open fire, or a lighted lamp or candle. After the dirty coating has been removed, and the floor is clean and dry, apply a little more wax. Rub it in well with a

woolen cloth or a weighted brush. Be careful, however, not to apply too much wax.

Next question: "Are canned beans that have been frozen in glass jars safe to eat?"

If the freezing did not break the jars, or loosen the seal in any way so as to cause the beans to spoil, there is no danger in using them. After canned beans are taken from the jars, they should of course be boiled for at least five minutes before they are served in any way.

One listener has asked me for more ways to cook oysters, and another listener has asked for new rice dishes. Here's a recipe for both of them -- Oysters Scalloped with Rice. This recipe will make eight or ten average servings. For Oysters Scalloped with Rice, you will need these eight ingredients:

3 cups cooked rice
1 pint fresh oysters
1 Cup chopped celery
2 tablespoons butter, drippings, or other fat.
1 cup milk
2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper

Eight ingredients. Let's see if you have all of them. (Repeat ingredients.)

Place alternate layers of rice, oysters, and celery, in a baking dish. Pour over them a smooth, white sauce, made by melting the fat, and stirring in the milk, the flour, the salt, and the pepper. Bake for 20 minutes.

Oysters Scalloped with Rice might well be used as the main dish at dinner. Let's make a menu: Oysters Scalloped with Rice; Stewed Tomatoes; Mixed Pickle; Watercress or Lettuce Salad; and, for Dessert, Dropcakes and Sliced Oranges.

I will give you the recipe for the Drop Cakes called Rocks. These cakes keep well. They're good to have on hand during the holiday season. Nine ingredients for Rocks:

1-1/2 cups light brown sugar
1 cup butter
3 eggs, well beaten
1/2 teaspoon soda in a little hot water
1 teaspoon cinnamon
3 cups raisins, chopped
1 cup English walnut meats, chopped
2-3/4 cups flour
1/2 teaspoon salt

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Check them please, while I repeat the list: (Repeat.)

Cream the butter and sugar, add the eggs. Sift the dry ingredients, reserving some flour to roll the raisins and nuts. Mix all together. Place by teaspoonfuls, on a greased pan, and bake in a hot oven. As flour varies so much it would be wise to bake a sample, and if it runs, add from 1/8 to 1/4 cup more flour. Sometimes, however, when drop cakes spread out too much in baking, the fault is that the oven is not hot enough, rather than that the mixture is too soft. Drop cakes need a rather hot oven, so that they set quickly, and hold their shape. Then they do not melt, and spread out very flat. Drop cakes also bake better on a baking sheet without high sides, or on an inverted pan.

Let's repeat the menu: Oysters Scalloped with Rice; Stewed Tomatoes; Mixed Pickle; Watercress or Lettuce Salad; Dropcakes and Sliced Oranges. Sounds good, does it not?

Please have your pencils and paper ready first thing Monday, for the Christmas dinner. Perhaps I can find something new in table decorations, too, before Monday.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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PROGRAM.....Housekeepers' Chat..... RELEASE.....Fri., Dec. 1

ANNOUNCEMENT: Aunt Sammy's correspondence is growing. She has received a letter from a "mere man," who presumes to tell the housewives how to keep house. Some of his suggestions are so good that Aunt Sammy feels obliged to pass them along.

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You see what has happened now! It was inevitable, I suppose, from the start. All these days I've been addressing my women friends, blissfully unaware that the men, by the most remote happen-chance, might be represented in the fold. Nevertheless, one man has been listening-in to almost every program. I have his word for it-- in black and white. He has written me a long letter, making a number of suggestions for us housewives.

I will read you his letter. Any man who has listened-in to my programs deserves some consideration. I am sure, from the tone of his letter, that he does considerable housework, and has a big family. His experience should be worth something. Most of his suggestions are really very good. Others-- Well, I'll read his letter, and then you and I will give him a little advice.

Here is his letter, exactly as I received it:

"Dear Aunt Sammy:

"I am not an old man, neither am I a young one. Therefore, this is not a mash note. I must honestly say, however, that I do have a great deal of respect for the work you are doing. I am writing you this letter with the sole idea of contributing something to your programs. Although I'm going to sign this letter 'Grandma,' I want you to know that I have the responsibility of raising a family and in addition do an eight-hour day, he-man's work.

"First, I want to tell you about my pet system of washing dishes. You'll have to admit that it is sanitary, and saves a good deal of time. I never use dishpans, soap, or dishtowel. Simply clear the dishes, stack them on the sink, turn on the hot water spigot, and with a clean rag wash the dishes under the running water, putting them in a pan where they dry themselves while hot. Both operations are done in one, and more swiftly than the dishes could be washed in a pan of soapy, warm water, which generally becomes polluted before all the dishes are washed. I am sorry I can't demonstrate this, but just try it sometime.

"Another thing, -- and here's where I hear you laugh. The idea of a man, trying to tell a woman, how to fry eggs! But you'll have to admit there are fried eggs, and again there are fried eggs.

"To my own taste, and to a great many other people's to whom I have served them, there is no flavor which quite equals slightly scorched fried eggs. Not burned, you understand, but just slightly scorched, by frying with a very hot flame. Try it yourself, Aunt Sammy, and if you approve, pass the idea along.

"Another thing is toast, one of my regular standbys for breakfast. Use different kinds of bread, raisin bread, whole wheat bread. Use thin bread, toasted on one side, thicker slices toasted on both sides. Vary the style of toasting, and the kind of bread, and there will always be plenty of customers around the table, greedy for their toast and marmalade in the morning.

"Here's another thing I haven't heard you mention. Have your coffee ground fresh, each time you buy. It's the surest way I know to guarantee the quality of the morning's coffee.

"And while we're on the subject of breakfast, I want you to know that my regular customers line up in the kitchen every morning for their drink of cold water before breakfast.

"And now I'm going to tell you just what prompted me to write this letter. For the last three winters our morning cereal has consisted of cracked wheat. You'd be surprised how inexpensive it is, how well it wears, if you permit that expression, and how good it is. I soak it twenty-four hours ahead of time, then I cook it in the evening, let it stand overnight, and heat it again in the morning.

"There's one joker, -- Pardon me, I should have said, there is just one fly in the ointment; no, that isn't right! It certainly is unhandy, talking to ladies. I meant to say, there's just one difficulty. You can't always get the cracked wheat easily. Sometimes we use the whole wheat, and soak it longer.

"I have to smile when I think of a man offering housewives suggestions, but it's really not such a big laugh when you realize that it's another point of view, and I am frank to say that I believe the women could give the men some good pointers about their business, too.

"Setting the table for a large family on a small salary is my greatest problem. Half a dozen hungry mouths take just about so much food each day, which makes it necessary for me to stretch the dollars to the limit.

"Cornbread is cheap. My boys and girls like fried mush, as well as milk and mush, and I serve it frequently. Baked beans is another standby. When I use the oven I always pile in plenty of Irish potatoes. I buy them, as well as sweet potatoes, and apples, by the bushel.

"Another thing, Aunt Sammy. When I find a good value in some staple goods I buy in large quantities. My pantry looks like a vest pocket edition of a grocery store. Besides being handy, it gives you that comfortable feeling, as a squirrel must have, after it has stored a valuable supply of nuts.

"The most important thing in my kitchen, with the exception of the stove and sink and cupboard, is a blackboard, where I post articles that are running low, and items that I might otherwise forget to shop for. That was its original purpose, at any rate, but lately, it has become a bulletin board. To save answering questions, I write on it when the big event is going to take place each evening, and some of the headline attractions. Sometimes I give the entire menu, and then after dinner I post the names of the clean-up squad. The blackboard is almost as much fun as the radio.

"Well, it's time for dinner. Goodbye, Aunt Sammy. Give my regards to Brother Sam, and many many thanks for all the helpful hints you have given me during the past two months."--"Grandma."

"Post Script. If anything comes of all this you'll hear from me again. Merry Christmas."

Same to you, "Grandma," and thank you for the kind things you said about the programs.

Most of your ideas are excellent. For instance, your suggestion that coffee should be ground fresh, each time it's purchased, and your plan for having each member of the family drink water before breakfast.

Your dishwashing scheme has several good points. I like your system in scraping and stacking the dishes, and your way of rinsing them in hot water so you won't have to wipe them. When it comes to leaving out the soap, in dishwashing, I differ with you. Dishes covered with mutton fat, beef fat, and many other foods, simply can't be cleaned without soap, and plenty of hot water too. Washing dishes in running hot water is all right if you have an enormous tank of hot water to draw on, and a quick way of heating more. The cost must be considered, too. Most of us have to think about conserving hot water, so there will be plenty for baths, as well as all kitchen uses.

If you like your fried eggs a little scorched, scorch 'em a little. Every man to his own taste, as the French say. However, I think you mean "brown and crisp," rather than <u>scorched.</u>

I like your suggestion about buying staple goods in large quantities. Your kitchen blackboard idea is excellent. A slate, or a big pad of cheap paper, serves the same purpose. Believe I'll get a blackboard, though, for my kitchen.

Now, "Grandma," I've said a number of nice things about your housekeeping. May I do a little "constructive criticizing"?

You write: "For the last three winters our morning cereal has consisted of cracked wheat." I'm not opposed to cracked wheat, understand; I like it. But don't you ever get tired of eating cracked wheat for breakfast? Wouldn't your family appreciate a change of cereal-- rice, or oatmeal, or hominy grits, or some of the prepared breakfast foods?

I gather from your letter that your breakfasts always consist of fried eggs, toast, and cracked wheat, in the winter time. If I were you I would serve fruit, too: baked apples, or applesauce, canned fruits, and stewed dried fruits. Stewed prunes, stewed peaches, stewed apricots, stewed figs, are good for breakfast. Oranges, bananas, grapes, grapefruit - any kind of fresh fruit may be used in season.

Fried apples and thin slices of ham, served with hot biscuits, and a beverage,make an appetizing breakfast. I'm going to send you a Radio Cookbook, "Grandma." It has a number of breakfast menus. And if you have any more suggestions about keeping house, I shall be very glad to hear from you. We women are always looking for better methods of keeping house. Sometimes I suspect that men are more systematic and more efficient than women, or at any rate, they think they are, which amounts to the same thing. We might offer to change places, some time, with the men who talk this efficiency idea. A few days on a steady job of housekeeping might change the point of view--considerably.

We will have to admit, however, that men can always get their work done up in a hurry, when they want to get off for a ball game, or go hunting. Does that prove they're more efficient? Or does it prove something else?

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

1.9

In 3 Hl

PROGRAM Housekeepers' Chat RELEASE Mon. Dec. 20.

Reserve

ANNOUNCEMENT: Today Aunt Sammy will tell you all about the Christmas dinner--decorations, menu, and recipes. The menu and recipes will be included in a supplement to the Radio Cookbook, copies of which are sent to every housewife who listens-in regularly to Radio Station_____.

****

I went to market this morning, to find out what fruits and vegetables will be available for the Christmas dinner. I learned that there will be plenty of spinach and lettuce, that celery is normal in quantity, that sweet potatoes are cheaper than white potatoes, and that apples and cranberries are still on the bargain list. Oranges will be plentiful, too, for the Christmas stocking

For our Christmas dinner, we will want turnips, onions, tomatoes, squash, cauliflower, Brussels sprouts, beans, or other vegetables. You may have some of these vegetables in your cellar, or perhaps they can be purchased in your section of the country. In planning my Christmas menus, I have suggested a number of vegetables. You may take your choice, and plan your meals according to the foods available in your locality.

Before I give you the Christmas menu, let's talk about table decorations. If there are children in the family, it seems to me that a small Christmas tree is the table decoration most appreciated. My centerpiece will be a small evergreen, decorated with bright bits of tinsel, shiny red and blue balls, artificial snow, and one sparkling star.

On each side of the Christmas tree there will be a big red candle, in a small flat candlestick; and on the table, around each candlestick, a small garland of evergreen, decorated with red berries.

Perhaps you think that's a good deal of decoration for a Christmas dinner. But I am doing the decorating with the children in mind--the grown-ups have had so many Christmases that they are no longer greatly concerned with Christmas trees and holly wreaths.

Tomorrow I will give you another suggestion for decorating the table, and also another menu-- a less expensive menu than today's.

The menu for our Christmas dinner today includes the following: (Read Slowly) Roast Turkey or Roost Goose, with Stuffing; Giblet Gravy; Rutabaga Turnips and Spinach; or Brussels Sprouts and Squash; or Cauliflower and Sweet Potatoes and Apples cooked together. A wide choice of vegetables.

[illegible]

[illegible]

[illegible]

The rest of the menu includes Celery; Cranberry Jelly or Cranberry Sauce; Tomato Aspic Salad; Plum Pudding, or Mince Pie, or Frozen Mousse with Christmas Cookies or Fruit Cake; Nuts; and Fruit.

This is a real Christmas dinner, and I defy anybody to say otherwise.

What's more, it's a Christmas dinner which can be prepared ahead of time, allowing those who do the cooking, an opportunity to spend Christmas day with the family, instead of in the kitchen.

You will notice that I started right off with the main course. No appetizer is needed, before roast turkey. This means fewer dishes to serve, and fewer to wash. Besides, starting with the main course leaves more room for the festive dessert.

If turkey heads the menu, prepare the bird for roasting, and make the stuffing, the day before. Then in a short time the bird can be stuffed and sewed, ready for the oven. Or, if a fat fowl holds the place of honor, simmer it until tender the day before Christmas. About an hour before dinner time, heat up the dressing which was prepared the day before, stuff the chicken, and brown it quickly in the oven.

White potatoes to be scalloped, or sweet potatoes to be candied, may be cooked the day before, and arranged in a baking dish for the final cooking. The green vegetables may be washed, and prepared for the pot, a day ahead of time.

Make the cranberry sauce or jelly two or three days before Christmas, and set it away in a cold place. Wash the celery, wrap it well, and put it in a cold place, too.

Tomato aspic salad can also be fixed the day before. The lettuce and salad dressing may be ready for last-minute combination. Lettuce, in fact, gets crisper and more attractive if washed, covered, and let stand, in a very cold place, for a few hours before serving.

Plum pudding can be made days before Christmas, and reheated just in time to serve. Mince pie can also be baked a day or two early.

Nuts and candies help to give a holiday touch, and may even be arranged in the serving dishes long beforehand.

A little careful planning on our part, and we housewives will have as merry a Christmas as anybody else in the family.

Before Thanksgiving I broadcast directions for roasting a fowl. You may use the same stuffing recipe I broadcast then, or a chestnut, oyster, or raisin stuffing. Potato stuffing with raisins is excellent with a goose. The stuffing may be made of plain mashed potatoes, seasoned with one or two cups of raisins. Or if you prefer, season the potato stuffing with sage, thyme, and chopped celery, as you would a bread stuffing.

Whether you have turkey, goose, or duck, you will want to save the giblets--heart, liver, and gizzard--for the gravy. Bake the giblets in the pan beside the fowl, or put them through the meat chopper, and simmer them in a quart of water while the fowl is baking. Measure the liquid. To thicken it, for each cup of liquid use two tablespoons of flour, blended with an equal amount of fat from the fowl. Stir gradually into the hot liquid. Add salt and pepper according to taste.

I will not go into detail about the vegetables. I have broadcast directions for cooking almost every kind of vegetable, and besides, most of you already knew how to cook vegetables.

If you use rutabaga turnips be sure to cook them quickly. Cut them in fairly thin slices, and cook them in lightly salted water. Cook them for 15 or 20 minutes, until they are tender. Drain the turnips, mash them, and season with butter. Cooked this way, the turnips keep their fresh yellow color and mild, appetizing flavor.

There, I told you how to cook turnips, and just after I promised <u>not</u> to go into vegetable cooking!

The tomato aspic salad is chosen for its flavor, and for its holiday colors. It is easily made, with the following nine ingredients:

1-1/2 envelopes, or 3 tablespoons, gelatin
1 quart canned tomatoes
1 tablespoon finely chopped green pepper
2 tablespoons finely chopped celery
1 tablespoon finely chopped parsley
1 cup very finely shredded cabbage
1-1/2 teaspoons salt
1/2 teaspoon onion juice
1/2 teaspoon sugar

Nine ingredients - let's check them: (Repeat)

Soak the gelatin in a small amount of water. Boil the tomatoes for 5 minutes, and strain through a fine sieve to remove the seeds. Pour the hot tomato juice over the gelatin, and stir until it is dissolved. Add the salt and the sugar, and chill. When the gelatin mixture is partly set, add the finely shredded vegetables, and mix well. Add more salt, if needed. If the mixture is not tart enough, add a little lemon juice, or vinegar. Pour into wet custard cups, and place in the cold until set. Turn these molds out on crisp lettuce leaves, and serve with mayonnaise.

For dessert, take your choice of mince pie, plum pudding, or frozen mousse with cookies or fruit cake.

I will give you now the recipe for plum pudding, which has seventeen ingredients. It - I mean the plum pudding - will fill seven Number 2 cans. A plum pudding, wrapped in cheerful holly paper and tied with red or green

ribbon, is a delectable Christmas gift.

I almost forgot to mention something else, very important. Everyone who happens to be in the house when Christmas puddings are being made, must give a stir for luck, according to an English tradition. It is said that the more mixers, the better the pudding. So if your family is small, you'd better call in the butcher, the baker, and the candlestick-maker, and have them give a stir for luck.

Now we are ready for the seventeen ingredients of the plum pudding as follows: (Read slowly)

1 lb. beef suet
1 lb. flour
1 lb. sugar, granulated
9 eggs
1 lb. seeded raisins, chopped
1 lb. seedless raisins
3/4 lb. citron, cut fine
1 cup pecan nut meats, cut fine
1 cup English walnut meats, cut fine
1 cup cider
2 teaspoons salt
4 teaspoons baking powder
6 teaspoons cinnamon
4 teaspoons cloves
4-1/2 teaspoons mace
3-1/2 teaspoons nutmeg
2-1/2 teaspoons allspice

I will repeat the ingredients. (Repeat.)

Mix the ground suet with the sugar, fruit, nuts, and about 1/2 cup of the flour. Separate the eggs. Beat both yolks and whites well. Add egg yolks to the suet and sugar. Put in the fruit and nuts, and then the cider. Sift together, twice, the spices, salt, baking powder and flour, Mix well with the first lot. Then add the beaten whites of eggs.

Tin cans of No. 2 size, or pound baking powder cans, are a good size to use. Grease them well, and put in enough batter to fill them about three-quarters full. Steam for 3 hours. These ingredients will fill seven No. 2 cans. The pudding will keep for weeks, if the cans are covered with paper or with the loose can tops. Before serving set the can in boiling water for about three-quarters of an hour, so that the pudding will heat through.

Hard sauce, made of butter and sugar creamed together, is good with this pudding. If you want a hard sauce that is a little different, use brown instead of white sugar, and grate in the rind of an orange for flavoring. Any one of the liquid or foamy sauces is also suitable with plum pudding. Some people like best of all to serve a spoonful of vanilla ice cream, or mousse, on the plate with the hot pudding.

[illegible] soon, is a [illegible] Christmas gift.

I almost forgot to mention something else, [illegible] [illegible] supposed to [illegible] the house when [illegible] [illegible] [illegible]

H.C.

I will repeat the manu. No, I will make two menus of it, and you may take your choice.

Turkey menu first: Roast Turkey; Stuffing: Giblet gravy; Turnips and quickly-cooked Spinach; or, Brussels Sprouts and Squash; Celery, Cranberry Jelly or Cranberry Sauce; Tomato Aspic Salad; Plum Pudding, Minee Pie, or Frozen Mousse with Christmas Cookies; Nuts; Fruit.

The goose dinner next: Roast Goose; Potato Stuffing; Giblet Gravy; Sweet Potatoes and Apples, cooked together; Cauliflower, or Onions baked around the Goose; Celery; Cranberry Jelly or Cranberry Sauce; Tomato Aspic Salad; Plum Pudding, Minee Pie, or Frozen Mousse with Christmas Cookies; Nuts; Fruit.

That's all, for today's Christmas dinners, and I'm sure there'll be enough left over for a second meal.

Tomorrow be ready to take notes on another Christmas dinner, and a number of recipes.

# # #

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Tuesday, December 21/26.

1.9
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Reserve

ANNOUNCEMENT: Another Christmas dinner today, planned especially for those who will not serve turkey or goose for the holiday meal next Saturday. Cranberry pudding and fruit cake are included on the recipe list. The menu, and the recipes, have been approved by the U. S. Bureau of Home Economics, and will be added to the Radio Cookbook Recipes, which are sent free to regular listeners of Radio Station _____.

* * * * *

One of my listeners has asked for help in planning a Christmas dinner, including decorations.

"I haven't been married very long," she writes, "and this will be the first big dinner I've ever prepared by myself. I can't afford to spend a great deal on the dinner. I want it to be a success, since my husband's folks will be my guests."

Sure. I understand. There's a lot at stake when "his" folks come to visit for the first time.

Let's begin with the table. It must be immaculate. "His" mother is a wonderful housekeeper, and she notices everything.

First, we'll lay the silence cloth, which is made of felt, or a cotton material. A silence cloth prevents noise, protects the table, and improves the appearance of the table cloth. Many housewives nowadays use asbestos pads, which fit the top of the table, under the silence cloth. Asbestos pads are an ideal protection from hot dishes.

Bring out the very best linen tablecloth. Unfold it carefully, on the table, to avoid creases and wrinkles. Can't have a wrinkled tablecloth on Christmas. Place the cloth upon the table so the center lengthwise fold comes exactly in the middle of the table. The four corners should be an equal distance from the floor.

You must have a pretty decoration for the table. I suggest a low bowl of fruit, as a centerpiece. If you have a silver bowl among your wedding gifts, now is the time to bring it forth. Or you may use a glass or china bowl, or a basket. Pick out the choicest fruits-- apples, bananas, oranges, grapes, or other fruits-- so that the centerpiece is a mass of bright colors. If the bowl or basket is not very decorative in itself, you might put a wreath or garland of evergreen on the tablecloth around the bowl, several inches from it. This bank of green will set off the bright colored fruit. Keep the wreath in a cool place, after Christmas, and it may be used again for New Year's.

Perhaps you will serve your Christmas dinner in the late afternoon, or in the evening. In that case, group four candles, in silver or glass candlesticks, around the fruit centerpiece. Red, orange, or white candles would be pretty. Place your candles so they will look well with the shape of the table, and be sure they are spaced evenly. "His" sister teaches geometry in the high school, and she always loses her appetite when candles aren't placed just "so" on the dinner table.

Now we're ready to set the table. Let's use the wedding china, glasses, and silver. Wait! I can't figure out what some of these odd pieces of wedding silver are to be used for. What's that? Oh, they're just "wedding presents." I see! Sure! You'll have to use that, if "his" mother gave it to you. No, I don't know what it's for. Put it in the gravy, or the jelly. I'm going to leave your kitchen right now, before you ask any more embarrassing questions about wedding gift silverware.

By the way, I hope the host knows how to carve. Tell him to "cultivate a firm, steady hand, a cool, collected manner, and confidence in his ability to carve. Strength is not required so much as skill, neatness, and care."

Sounds easy, doesn't it? Be sure the carving knife is sharp, and the platter is large enough to hold the entire piece of meat, when carved. I think he'll have no trouble, if he remembers the "cool, collected manner," and doesn't get "fussed," with all the guests looking at him.

Everybody ready now, for the Christmas dinner menu? Today's menu is not so expensive as the one I broadcast yesterday. It's good, though. Just as good as yesterday's, only not so elaborate.

The menu includes the following: Christmas Chicken or Roast Pork Loin; String Beans, or some other green vegetable; Candied Sweet Potatoes, if you serve Pork; Currant or Apple Jelly; Grapefruit Salad with Chopped Nuts; Cranberry Pudding with Cranberry Sauce; Nuts; Fruit.

I'm not going to tell you how to roast the pork. I could, but I'd rather describe the Christmas chicken. I was invited to a dinner, not long ago, where this Christmas chicken was served. It was so good, that I asked my hostess to give me her recipe. I will read slowly so you can write down the ingredients and the directions. Ingredients first, for Christmas chicken. Nine ingredients:

A plump fowl, weighing 4 to 6 pounds
4 or 5 medium-sized potatoes
1 cup raisins, without seeds
3 cups canned tomatoes
2 tablespoons chopped onion
2 tablespoons parsley
Flour
Butter
Salt and pepper

Ten ingredients, if you count "salt and pepper" as two. I'll read them again: (Repeat)

Simmer the fowl in a small quantity of salted water until tender. Remove it from the broth. Set the fowl aside for stuffing. To the chicken broth, add the canned tomatoes and the finely chopped mild onion. Let this sauce cook down. In the meantime, prepare the stuffing by cooking and mashing the potatoes, and adding to them the raisins, and enough milk to make the mixture the stiffness of ordinary mashed potatoes. Stuff this, while still hot, into the body cavity and neck of the fowl. Crowd in all the stuffing possible, and do not mind if it protrudes somewhat. Pour a little melted butter over the chicken. Put it in the oven to brown. Thicken the tomato sauce to the consistency of a gravy, and add two or three tablespoons of finely chopped parsley and green pepper, if desired. When the chicken, and the surface of the potato stuffing, have become delicately brown, put the chicken on a huge hot platter. Pour part of the sauce around it, and serve at once.

With the chicken, I suggest that you serve string beans; or brussels sprouts, buttered and served hot; or spinach; or any other fresh green vegetable.

For the grapefruit salad, peel the grapefruit, pull it apart into sections as you would an orange, and strip the skin and pith off of each section. You can keep the sections whole in this way, and free them from the bitter white pith. Arrange the sections of grapefruit on crisp lettuce. Sprinkle with chopped nuts. Garnish with a little pimento, as a touch of red for Christmas. Serve with your favorite salad dressing.

The cranberry pudding with cranberry sauce is one of the best parts of this dinner. Inexpensive, too. The Recipe Specialist in the Bureau of Home Economics worked out this recipe for you several weeks ago. I happened to be around when the pudding came out of the oven. (It's a good idea to make friends of Recipe Specialists.)

Here is her recipe, for Cranberry Pudding Supreme. (She didn't put the "supreme" on it, but I think it should be there.) All ready now, for the Cranberry Pudding Supreme-- eight ingredients:

1/3 cup butter
1/2 cup sugar
1 egg
2-1/4 cups flour
3-1/2 teaspoons baking powder
1/4 teaspoon salt
1 cup milk
1 cup raw cranberries, or more.

Watch your eight ingredients, please, while I read them again: (Repeat.)

Here's the way to make this Cranberry Pudding Supreme:

Cream butter and sugar and add the well-beaten egg. Mix and sift dry ingredients (saving about 2 tablespoons flour for the cranberries). Add the dry ingredients alternately to the first mixture and the milk. Roll the cranberries in flour and add them last. Turn into a buttered mold, cover, and steam for two hours. After the pudding has steamed it may be placed in the oven to brown if desired.

The Recipe Specialist serves a Cranberry Sauce on this Pudding. Here are the seven ingredients for the sauce:

1 cup sugar
3 tablespoons cornstarch
1/2 teaspoon salt
2 cups boiling water
2 cups cranberries
1 cup water
2 to 4 tablespoons butter

The two cups of cranberries and the 1 cup of water should make one and one-half cups of cranberry pulp. I almost forgot to repeat the seven ingredients. I'll do that now: (Repeat)

Mix the sugar, cornstarch, and salt. Add the 2 cups of boiling water, stir until thickened, and cook for 10 minutes in a double boiler. Cook the cranberries with 1 cup of water until soft. Press them through a fine sieve, and add this pulp to the cornstarch mixture. Add the butter, and serve hot, over the hot cranberry pudding.

I'll read the menu again: Christmas Chicken or Roast Pork Loin; String Beans, or some other green vegetable; Candied Sweet Potatoes if you serve Pork; Currant or Apple Jelly; Grapefruit Salad with Chopped Nuts; Cranberry Pudding Supreme with Cranberry Sauce; Nuts; and Fruit.

It won't take long to prepare this dinner, if you start it the day before, as I suggested yesterday, but you'll have to make the cranberry pudding the day it is served. Most of the other things can at least be started the day before.

Now, before I put on my hat and my new galoshes-- no, they're not red-- I want to tell you something about the Christmas Fruit Cake recipe I broadcast before Thanksgiving. It seems that some of you did not listen in, the day the recipe was broadcast. In answer to the many letters I've received lately, asking for a fruit cake recipe, I'm going to give another.

It has fifteen ingredients, as follows:

1 pound butter
1 pound flour
1 pound sugar
9 eggs
2 pounds seeded raisins
1 pound currants
1 pound citron
1 pound almonds
1 cup grape juice or cider
4 teaspoons baking powder
6 teaspoons cinnamon
4 teaspoons cloves
4-1/2 teaspoons mace
3-1/2 teaspoons nutmeg
3-1/2 teaspoons allspice

Fifteen ingredients. Check them while I repeat. (Repeat)

Prepare the fruit first. Chop the citron. Cut up the raisins and the nuts. Pick over the currants. Add enough of the flour to separate and coat the fruit. This will prevent it from sinking to the bottom of the pan in baking. Sift together the remainder of the flour and other dry ingredients. Cream the butter, Add the sugar, then the egg yolks, and the dry ingredients, and grape juice or cider, alternately. Pour into greased tube pans lined with greased paper. Bake carefully, in a very slow oven, since such fruit mixtures burn easily. Or steam the fruit cake for four or five hours until it is cooked through, and then put it in a very slow oven to dry off. This will make about eight pounds of fruit cake, and should be baked in two or more loaves.

Tomorrow I will give you a few more Christmas recipes, including Chocolate Fudge. Don't forget to have your pencils handy.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

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PROGRAM HOUSEKEEPERS' CHAT RELEASE Wed., Dec. 22.

Reserve

ANNOUNCEMENT: Aunt Sammy has the holiday spirit, without a doubt. She begins by talking about ancient Christmas days, when housewives served roast peacocks to the lords and ladies of merrie old England. Chocolate fudge, chocolate cookies, and a new fruit jam are on today's program, with something about Christmas trees, and another gift suggestion. The three recipes, tested and approved by the U. S. Bureau of Home Economics, will be included in Aunt Sammy's Radio Cookbook, copies of which are sent free to regular patrons of Radio Station_____.

******

The other day while I was planning roast turkey and roast goose menus for Christmas, and thinking what a lot of work it is to prepare a big dinner, I was reminded of the big feasts which were served in the days of old, when knights and lords and ladies lived in merrie England.

Do you know that they celebrated Christmas for two weeks, or more? The biggest feast of all came on Christmas day, when the feudal chieftain entertained all his friends. The boar's head was the sine qua non of the menu -- I mean all the best people served a boar's head at Christmas time. It was always carried to the banqueting hall on a gold or silver platter, by a special servant, amid the flourish of trumpets, and strains of minstrelsy.

Next in importance to the boar's head was a peacock. The skin and feathers were first carefully removed, and the peacock was roasted. When it was done, the bird was sewed up again in all its gorgeous plumage, its beak was gilded, and it was sent to the table.

Only noble hands could serve this splendid dish. It was brought into the dining hall by the most distinguished and beautiful lady guest. She was followed by the rest of the ladies, and they entered the hall to the sounds of music.

The dish was placed before the master of the house, or his most honored guest, who, no doubt, was as skillful with the carving knife as he was with the lance, in joust or tournament.

I repeated this story to Billy and Sally Jean the other day, while I made chocolate fudge.

"I wish you'd tell me," said Billy, "how they could roast a peacock, when they didn't have anyone to test a recipe for them, and broadcast it".

I have numbered Billy among my loyal supporters, ever since.

We made chocolate fudge according to directions given me by the Recipe Specialist, who says she has made this candy "hundreds of times".

There are six ingredients, as follows:

2 cups sugar (granulated or light brown)
2 to 4 squares of chocolate
3/4 cup milk or cream
2 to 4 tablespoons butter
1 teaspoon vanilla
1/8 teaspoon salt

Half a dozen ingredients. I'll repeat them (Repeat).

Place the sugar, chocolate, and milk or cream on low heat, and cook until the sugar is dissolved. Then continue to cook, without stirring, until the sirup forms a soft ball when a small amount is dropped into cold water. Remove the candy from the fire. Let it cool without stirring. When it is lukewarm, add butter, salt, and vanilla. Beat until creamy. Then quickly turn into a buttered pan. When firm, cut in squares. Or, if preferred, drop it by teaspoonfuls on waxed paper.

To vary the recipe, add a cupful of chopped nuts, raisins, or marshmallows, just before the fudge is ready to pour into the buttered pan.

Now how would you like to have a recipe for chocolate drop cookies? They would be very good with the frozen mousse I mentioned Monday.

My recipe calls for nine ingredients, as follows:

1/2 cup butter
1 cup sugar (white or brown)
1 egg
1/2 cup milk
2 squares chocolate (melted)
1-1/2 cups flour
2 teaspoons baking powder
1/4 teaspoon salt
1 cup chopped nuts.

Nine ingredients. Check them please. (Repeat)

Melt the chocolate, and add the butter and sugar. Add the egg, without beating, and the milk. Use 2 tablespoons of the flour, to coat the chopped nuts. Then add the nuts and the sifted dry ingredients to the liquid mixture. Stir this thoroughly, and add the vanilla. Drop the batter by teaspoonfuls on a greased baking sheet, or an ordinary baking pan, inverted. Bake in a quick oven (about 375° to 400°F.).

I have mentioned Billy among my loyal supporters, [illegible].

[illegible] absolute fudge according to directions given [illegible]
[illegible] possibility, I do says she has made only [illegible] mistakes.

There are six ingredients, as follows:

[illegible] cups sugar (granulated or light [illegible])
[illegible] of chocolate
[illegible] milk or cream
[illegible] vanilla
[illegible] butter
[illegible]
[illegible]

[illegible] report [illegible].

[illegible]

To make the fudge: [illegible] rapidly [illegible] rather [illegible]
[illegible]

[illegible]

[illegible] following:

[illegible] cup butter
[illegible] cups sugar, [illegible]
[illegible] egg
[illegible] cup milk
[illegible] (melted)
[illegible] cups flour
[illegible] baking powder
[illegible] teaspoon salt
[illegible] cup chopped nuts.

[illegible]

[illegible] the chocolate, add to the [illegible] water, [illegible]
[illegible] milk. [illegible]
[illegible] the nuts and [illegible]
[illegible] mixture. Why, this [illegible], and [illegible]
[illegible] on [illegible] baking sheet, [illegible]
[illegible] is [illegible] about [illegible]

If desired, spread the cookies while hot with white or chocolate frosting, so the tops are covered with a thin coating of the icing.

One more recipe today. This recipe is an answer to the lady who telephoned me yesterday.

"Aunt Sammy," she pleaded, "please give me a suggestion for a last-minute Christmas gift. I have forgotten Aunt Emmaline. What shall I do?"

"Send her a card," I suggested. "A card which says 'Merry Christmas.'"

"You don't understand," she wailed, "Aunt Emmaline has sent me a crocheted yoke for Christmas, for the past eleven years, and I should do something."

"You certainly should," I agreed.

"Please don't be heartless," she said. "Can't you think of something Aunt Emmaline would like?"

"Not today. I'm not thinking. I'm making dried apricot and pineapple jam."

"Eureka!" shouted the lady. "Why couldn't I send that to Aunt Emmaline?"

"Beacuse," I explained. "I'm not making it for Aunt Emmaline. I'm making it for my family."

"Oh, you don't understand," she said again. "You send me the recipe for dried apricot and pineapple jam, and I'll make it, and put it in a quaintly-shaped little glass jar. Then I'll wrap the jar in green crepe paper, and tie a bright ribbon around its neck. That will be darling!"

Now isn't that just like some people? Always calling things "darling," whether it's a hat, or a bungalow, or a jar of fruit jam.

Well, the only thing for me to do, after I got the telephone call, was to write down the recipe for dried apricot and pineapple jam, and send it to the lady.

Seriously speaking, it is an excellent recipe, and very easy to prepare. If you like the flavor of apricots and pineapple, you will think this jam is just -- well, just dar-- no, delicious.

Only three ingredients are required:

1 pound dried apricots
2 No. 3 cans of sliced pineapple
3-2/3 cups sugar.

I'll read them again: (Repeat ingredients).

Wash the apricots thoroughly. Soak them over night in 1 pint of water. In

the morning, chop the apricots and add 1 cup of the sugar. Drain the pineapple, cut it in very small pieces, and cook with the remaining 2-2/3 cups of sugar for 20 minutes. Add the apricots, and cook for 25 minutes. The pineapple holds its shape, but the apricots soften, and the mixture has the consistency of thick jam. Seal while hot in clean sterilized jars. This recipe makes a little over 3 pints.

I think the lady's suggestion about putting the jam into glass jars, and wrapping it in pretty paper, is a very good one. If you wrap the glass in fancy paper, tie it with plain ribbon. If you wrap it in plain paper, you might use a very fancy ribbon, and "garnish" it with a spray of holly, mistletoe, or bittersweet.

Speaking of Christmas decorations reminds me of something I meant to tell you the other day.

I asked a friend of mine, who is connected with the United States Forest Service, whether cutting Christmas trees is not a great waste.

"No," said he. "You can't destroy the Christmas tree tradition. Even if the custom of using Christmas trees were soemwhat wasteful, the custom is so old, so well-grounded, and so venerated, that it cannot be abandoned. Trees are for use. Can you think of any one thing that gives children more enjoyment, than their Christmas tree festivities, on the one great holiday of the year?

"Besides, especially in the northeastern states, many of the Christmas trees are cut from pasture lands, which would be cleared up anyway in the ordinary course of farm improvement. The trees would be cut, in any event. A market for them gives the owner some return for his labor.

"It is true that near large cities, the Christmas tree supply is sometimes secured in such a way as to destroy young growth. For instance, in cutting out Christmas trees, needless and severe damage may be done to the remaining trees. The tops are often cut from fair-sized trees. This impairs their future growth and value, and should, of course, be discouraged.

"The use of Christmas trees does not harm the forest, as proven by the practice in the German and Austrian forests. The cutting of small trees for Christmas is not there considered harmful. On the contrary, it improves the forest, and is a source of revenue.

"It is not by denying ourselves the wholesome pleasure of having a bit of nature in our homes at Christmas, that we shall preserve our forests," concluded my friend, "but by learning how to use them wisely and properly."

The matter of Christmas tree ethics being settled, I bought the most graceful little tree I could find in the city market. It is a fir tree, with long spreading branches, and a fregrant Christmasy odor. On Christmas eve it will sparkle with tinsel, and gleam with little silver bells, and bright stars, and red candles.

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[illegible]

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"Mercy me!" I can hear some one say. "I thought Aunt Sammy was a very practical person! Here she is, talking about Christmas trees, when she should be telling us women how to bake beans, and take mildew stains out of linen tablecloths!"

I accept the reproof. After Christmas I will be very practical, and very sensible, and give you much useful information.

Please sharpen your pencils before tomorrow. There's a recipe for cake frosting, which you should have before Saturday. Don't forget to tell me what recipes you want broadcast during January.

# # #

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM HOUSEKEEPERS' CHAT RELEASE Thurs. Dec. 23.

1.9
In3HK

ANNOUNCEMENT: Questions and Answers and three cake frostings on the program today. The cake frostings will be added to Aunt Sammy's Radio Cookbook. If you haven't written to this Station for your copy of the cookbook, do so now.

*****

Reserve

I can't begin today's Chat without mentioning the letters I'm receiving.

You have no idea how much they please me. If you will continue writing me what you think of the recipes and menus, and giving me suggestions about the "Housekeepers' Chats," I will try to plan for you the very best programs broadcast anywhere in the United States.

I want to quote briefly from two letters I have received lately. The first is from Chicago:

"Both my husband and myself are chefs, and have worked in many large hotels in the United States, but have never heard anything quite as unique as your recipes".

When I read that letter I wanted to make the "Household Chats" just twice as good as they are.

Here's the second letter, from Omaha, Nebraska: "Your good talks over the radio mean a great deal to me for two reasons-- rest and instruction. I serve lunch every school day to eighteen people-- all of them teachers. Your talks give me just the rest and relaxation I need. I clear my tables quickly and get seated in a comfortable rocker with pencil and paper, beside the radio, and write down your suggestions. Then too, you give me so many valuable recipes, and my teachers enjoy them so much. The Up-side-down Apple Cake certainly made a hit".

I should say it did. It's the most popular recipe yet broadcast.

As I told you before, all the recipes I broadcast, and all the recipes in the Radio Cookbook come from the U. S. Bureau of Home Economics. Many of them are the result of careful, thorough, experimental work, by women who have made a special study of foods and nutrition. That's why you have such success, when you try the recipes.

I won't take any more of your time, talking about recipes. Perhaps after the holidays, I can have some of the letters typewritten, and sent to you women who have your names on the cookbook mailing list.

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[illegible]

I could [illegible] living life in [illegible].

[illegible] "If you will consider [illegible] and [illegible], and [illegible] [illegible] [illegible]

I have some recipes for you today, but first I must answer a few questions. Otherwise, I'll never get caught up.

First question: "Why should children be given sweet foods only at the end of the meal?"

Very good question to ask right now. Sugar is a very concentrated food which the body can use for fuel, but nothing else. Sugar dulls the appetite. Consequently, if a child is allowed to eat sweets before, or at the beginning of a meal, he has no appetite for the other foods he needs to build his body and keep it in good running order. For dessert, however, after he has disposed of other things, a child may well have a piece of candy, a few dates or figs, a simple cookie, or a piece of plain cake. I know it's mighty hard, at Christmas time, not to let the children have all the sweets they want. But wise mothers use discretion -- even at Christmas.

Second question: "Why are vegetables and fruits considered so important in the diet of children"?

Vegetables and fruits are rich in minerals and vitamins. These are food substances that children especially need for building strong, healthy bodies. Children need two servings of fruit, and one, or preferably two, servings of vegetables every day, in addition to potato, so the child specialists say. Though practically all kinds of fruits and vegetables are good for children, they recommend that oranges, grapefruit, tomatoes, and green-leaf vegetables be given most frequently.

Next question: "What is a salad"?

Literally, the word "salad" means something salted. If this definition is accepted, a stalk of celery, or a radish, is really a salad. Nowadays, however, we apply the term salad to any dish that consists chiefly of or includes a certain amount of some fresh crisp vegetable. Some salads contain also meat; others fish, cheese, eggs, fruit, or nuts. Nutrition experts say it is the green leaf that gives to salads their peculiar value, for it supplies a kind of vitamin that is found in few other foods.

That's one thing we busy housekeepers can keep in mind. An elaborate salad, cut in fancy shapes and garnished with several colors, may be a work of art, but it supplies no more vitamins than a plain, tasty, green-leaf salad. It doesn't take long to make a green salad, if we have lettuce, cabbage celery, watercress, spinach, or other green-leaf vegetables on hand. I think we'll all be glad when spring comes, and more greens will be available.

Last question: "I have a son fourteen years old. It seems to me that he eats twice as much as his seven-year-old brother. Is it normal for a fourteen-year-old to have a big appetite"?

Absolutely normal. A healthy fourteen-year-old is a joy to cook for. He gets so much genuine pleasure out of simple, wholesome foods, well cooked. See that he gets the right sort of food to build firm flesh and muscles, enlarge his bone structure, keep his teeth

whole and healthy, and protect his body against diseases which are the result of deficient diets. Guard against giving him too many sweets, too many fats, and too much everything. You don't want him to have gout, dyspepsia, diabetes, and kidney disorders in late middle life, because of bad food habits formed in the teen-age.

The rapid growing boy needs a large quantity of food to help him grow, and also to supply him with his boundless energy. His needs are greater than those of his younger brother and sister. Since he is still growing, the boy in his teens needs milk, at least a pint a day. He may take the milk as a drink, or use it in soup, cocoa, bread puddings, and so forth. He also needs eggs, cooked cereals for breakfast, bread made from whole-grain flours, plenty of fruit, all kinds of vegetables (some of them served raw), a limited quantity of meat, and sweets only at the end of meals. Do you suppose he will remember that, on Christmas day? I doubt it, myself.

Foods that are not desirable for the young child, or the adolescent, are coffee, and tea, doughnuts, and other foods cooked in much fat. He should not be allowed to have money for chocolate bars, ice cream cones, and "hot-dog" sandwiches between meals, nor access to a pantry filled with rich cakes and pies. If he is hungry enough to need food between meals, he will eat bread and butter, fruit, or a glass of milk. He should never be allowed to dull his appetite, so that he does not enjoy his regular meals.

I am greatly tempted sometimes, to give 16-year-old Fred more sweet food than he needs. But I desist. I don't want to think of him, 30 or 40 years from now, as a dyspeptic old gentleman, injured in health, and cranky in disposition, because I was too lenient with him.

Get your pencils now, for the three cake frosting recipes. The first is Vanilla frosting, the second, Chocolate frosting, and the third, Caramel frosting. I will read slowly. The directions are easy to follow.

Ready? Vanilla Frosting first. Only five ingredients:

1 cup granulated sugar
4 tablespoons cold water
1 egg white
Pinch of salt
1/2 teaspoon vanilla

Five ingredients -- yes, the same five I've just read. I'll repeat them again. (Repeat).

Now, put the sugar, water, and unbeaten egg-white into the upper part of a double boiler. Are you sure you got that? I'm going to say it again, because it's important: Put the sugar, water, and unbeaten egg-white into the upper part of a double boiler. Have the water in the lower part boiling. Commence beating the mixture with a Dover beater at once, and beat constantly while it cooks for about 7

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[illegible]

[illegible]

or 8 minutes. It should then appear just like ordinary boiled frosting, and should be almost thick enough for spreading. Take it from the stove and continue to beat about 5 minutes or until it has thickened. This is sufficient to ice a three-layer cake on the tops.

If the icing it not sufficiently cooked, place it in the double boiler, and recook for a short time. Or if it is too stiff, add a small quantity of water, and cook again.

Recipe Number Two, for chocolate frosting:

Melt 2-1/2 ounce squares of chocolate and pour into the mixture I have just given you, just before removing it from the stove. Beat until thick, and then spread.

Recipe Number Three, for Caramel Frosting:

Caramelize 1/2 cup of sugar, then add a few tablespoons of boiling water. A thin dark sirup should result. Substitute about 2 tablespoons of this sirup in place of 2 tablespoons of water, or such amount as will produce the desired flavor; and continue as in Vanilla Frosting.

That's all for today. I will have these three cake frostings added to the Radio Cookbooks. I want each of you to have a copy of the cookbook, and you may get it by writing to Radio Station_____. The books are free. Please tell me what you think of them.

Now I'll ask you a question. I have recipes for beef croquettes, scalloped oysters, chicken salad, rice dishes, macaroons, and several others that the Bureau of Home Economics has just finished testing. Do you want me to give you these recipes tomorrow, or do you want to have a school day program, of old-fashioned Christmas pieces?

I thought so. The recipes will keep til next week. You and your children are invited to my school-room tomorrow at_____o'clock, to hear the Christmas progrem. I must go home now, and see that my pupils know their pieces.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Fri., Dec. 24.

1.9
In3th
Reserve

ANNOUNCERS' ATTENTION: I believe this program would be more effective if three or four children could take part in it. Other songs or recitations might be substituted for those I have suggested, and the concluding number might be a song. If it is impossible to get child characters, the program can be read, as usual, by the announcer.--"Aunt Sammy."

ANNOUNCEMENT: Instead of giving you good practical advice today, Aunt Sammy has invited all of you to attend a Christmas program given by the pupils of a one-room country school, anywhere in the United States, some years ago. The room is small; and there aren't very many pupils. You know how it was. But there is a splendid Christmas tree, and every child is on his good behavior, because it's Christmas time.

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Come in! Come in, everybody! Looks as if we'd have quite a crowd, for our Christmas entertainment. Hardly enough chairs to go around, I'm afraid. To tell the truth, I didn't expect so many of you. Thought everybody would be busy with the Christmas cooking. Some of you can sit in the children's seats, Dear me! Arabella's mother is so stout she can't squeeze in. I'm so sorry. Would you mind sitting on the window ledge? Quite sure you're comfortable?

I knew you would enjoy our Christmas tree. The children trimmed it. They strung the cranberries, and popped the corn, and bought the tinsel. I made the candy, and put it in the little green sacks. There's a big orange, and a striped candy cane, for every child. The school board paid for that. Yes, he did! Can you imagine old Mr. Squeegly spending money so lavishly? He has the Christmas spirit, for sure.

Excuse me, please, while I get the children ready to speak their pieces. Arabella Green says she's just sure she'll forget hers. She's excited.

Johnny, will you please put a shovelful of coal in the stove? We mustn't let the room get cold. Here! Boys! Don't touch the candy till the program is over. Mercy! You have upset the oranges. Pick them up, children; what will your mothers think of you?

Now--I--think--we're-- Wait a minute. Where's Rosalie? Somebody find Rosalie, so we can begin. There she is, behind the Christmas tree, inspecting the gifts. Yes, there's one for you, Rosalie.

The first number on the program today is a song, entitled "Merry Merry Bells of Christmas," by the students of the Sunnyside School, District 23.

(ANNOUNCER'S ATTENTION: It is suggested that several children sing this song, or any other favorite, with piano accompaniment. Or the program may begin with the following number).

The next number is a recitation, by Sammy Johnson. Come on, Sammy--you're not bashful today, just before Christmas!

"I'll never speak a piece again
I don't care what folks say
For once I learned the finest piece
To speak at school last day.

"My, but I studied hard!
And practiced making bows.
When I was choring 'round the barn
I'd speak it to the cows.

"Well, the folks all came
And I was called to speak.
I clean forgot to make a bow
And my knees were awful weak.

"Instead of the words I was to say
There came a great big lump
That stuck in my throat
And there I stood -- Just like a gump.

"Just like a gump --
With open mouth and staring eyes
Everybody laughed at me 'cept Ma
She always takes my part.

"I 'spect I'd be standing there yet
My mind was so confused
If teacher hadn't kindly said,
"Sammy, you're excused."

The second number on the program is a selection, entitled "Holiday Week," by Miss Arabella Green. Speak a little louder, Arabella-- we can't hear you.

"Here comes the busy doc-tor--"

Go on, Arabella.

"Here comes the busy doc-tor--"

Arabella, you know that piece. Now speak it.

"Here comes the busy doc-tor,
With tablets, powders, pills,
To ask about your symp-toms,
And cure your many ills.

"This week has been quite dread-ful,
I'm tired from head to heels,
So many folks com-plain-ing.
Of fullness after meals!"

(Applause).

That was fine, Arabella. Your mother is very pround of you. She clapped louder and longer than anybody else in the room.

The closing number of our program is a piece by Tommy Tucker, Junior. Tommy is a shy little boy. He's all dressed up today. His face fairly beams, and his hair has been brushed to a fareyouwell.

Mr. Tommy Tucker, who will now recite for you: "Signs of Christmas."

"Upstairs room locked up so tight,
Lots of things all hid from sight
Father slipping in at night--
These are signs of Christmas.

"Windows filled with shining toys,
Windows flanked by staring boys,
Lots of gorgeous, wholesome noise--
These are signs of Christmas.

"Great green tree aflame with light
Bells and balls and popcorn white,
Children speechless at the sight--
These are signs of Christmas.

"Everybody feeling gay,
Settling down to have a play,
Not an unkind word to say,
These are signs of Christmas.

(Applause).

Oh, Oh! Tommy Tucker was so embarrassed by your applause that he ran straight to his mother, and hid his face in her lap!

This concludes the Christmas program given by the pupils of the Sunnyside school, District 23.

While the children distribute the presents and the candy, I'm going to doff my school teacher garb, and be myself again-- Aunt Sammy herself.

I want to thank everybody who has sent me Christmas greetings. My Christmas can't help being a happy one, with so many good-wishers all over the United States.

I won't keep you longer today. I know there are trees to decorate, and gifts to wrap, and stockings to fill. St. Nicholas is so close now I can almost hear the faint jingle of sleighbells, and the "prancing and pawing" of the tiny reindeer. Merry Christmas to you all, and a Happy New Year.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

1.9
In3Hh
Reserve

PROGRAM.....HOUSEKEEPERS' CHAT..... RELEASE Mon. Dec. 27.

ANNOUNCEMENT: Aunt Sammy is campaigning today for old Sol. She will discuss the benefits of sunshine, and codliver oil, which play leading roles in child health. This Chat is of practical interest to every woman who is concerned with the rearing of children, or the care of grown-ups.

* * * * * * * *

The other day I called on my Next-Door Neighbor. She was deeply engrossed in a book---in fact, so interested that she could hardly lay it aside, even to tell me the latest gossip. Very unusual, for her.

"Aunt Sammy," said she, in oracular tones, "the world has advanced considerably since 1791."

"Undoubtedly," I agreed. "Who says it hasn't?"

"Look at this antique I got for Christmas," said my Neighbor. "It's a book of stories for children, printed in 1791. I wish you'd listen to this paragraph:

"'Children early feel bodily pain, to habituate them to bear the conflicts of the soul, when they become reasonable creatures..... The Almighty, who never afflicts but to produce some good end, first sends diseases to children, to teach them patience and fortitude; and when by degrees they have learned to bear them, they have acquired some virtue.' Ridiculous!" snorted my Next-Door Neighbor, "Tell that to the children's health specialists!

"And listen to this," she continued. "Here's a story about a little girl, who kicked the chairs and tables when she became angry, and 'would not eat the common, wholesome, food that children, who are subject to the smallpox and worms, ought to eat.' Just think!" marvelled my Next-Door Neighbor. "Mothers used to take it for granted that their children would have the smallpox and worms."

"Worse than that," I explained. "Mothers used to deliberately expose their children to certain diseases. The popular idea was that children should have colds and whooping cough and measles, yes---and smallpox --- early in life, and get them over with. Of course, a good many children did not survive. If a child died while he was the victim of a contagious or digestive disease, his death was considered part of a divine plan, never a result of social neglect."

"I am glad," said my Next-Door Neighbor fervently, "that I was not

[illegible]

[illegible]

. . . . .

[illegible]

[illegible]

"[illegible]," I agreed. "[illegible]"

[illegible]

[illegible] of [illegible] [illegible]. [illegible] to this [illegible]:

"Children early [illegible] to [illegible] them to bear the [illegible] of the soul, which [illegible] [illegible] [illegible]. The [illegible], who [illegible] to produce some good and [illegible] [illegible] to teach them patience [illegible] [illegible] [illegible]

born in the seventeen-nineties. Mothers of today know a great deal more about caring for children."

"Yes," I agreed. "There are many agencies which play an important part in the present enlightened methods of caring for children-- the discovery of vaccination, state boards of health, children's clinics, school nurses, nutrition specialists, preventive methods of disease control, and dissemination of information on child welfare, by means of newspapers magazines, and the radio. It does seem that every child should have a fair chance, in this year of our Lord 1926 -- almost 1927."

"And yet there are people," said my Next-Door Neighbor, "who still believe that a thick application of cobwebs will dure open wounds. To this day, mothers in parts of Europe try to cure colic, by means of a mercury and tallow mixture, which must be applied in the light of the moon -- or is it the dark?"

"Quite right," I admitted. "I know a woman in this neighborhood, who believes in pre-natal impressions, and birthmarks. She ties a bag of asafetida around her little girl's neck to keep off disease germs. Superstition dies hard.

Medical science and social welfare workers will take a good many more hard cracks at Superstition, beforethe world is entirely safe for children.

"I wonder what the author of your nursery tales, printed in 1791, would think of the comparatively recent discovery of the importance of direct sunshine and cod-liver oil, as health insurance for children."

"Sunshine and codliver oil," repeated my Next-Door Neighbor. "They prevent rickets in children. I don't see why any child should suffer from rickets, when sunshine and codliver oil are within reach of practically every mother in the United States. By the way, Aunt Sammy, what <u>is</u> rickets?"

"Rickets," I explained, "rickets is a disease of faulty nutrition, that prevents, or delays, the depositing of calcium and phosphorus necessary for sound formation of bones. Rickets is a widespread disease among children. The signs of rickets are bowlegs, knock knees, pigeon breast, flat feet, and decayed teeth. Signs of the first stages of rickets are swellings, at the ends of the long bones, and softened places in the skull bones. <u>Actual deformity</u> may finally result from rickets."

"I have often wondered," mused my Next-Door Neighbor, "why so many children have decayed teeth. We realize the relation of diet to teeth as never before."

"That reminds me of something I read this month, by an American scientist. He believes that rickets would be abolished from the earth, if mothers took the proper precautions. Before their babies are born, mothers-to-be should receive ample, well-balanced diets, abundant in green

vegetables and cow's milk. They should have fresh air, and sunshine. Babies should be placed in the direct rays of the sun for a part of each day, and should be fed cod-liver oil for the first two or three years of life. These things would help more in eradicating decay of the teeth, he says, than all other methods put together."

"Please tell me," said my Next-Door Neighbor, "why sunlight and cod-liver oil are so important."

"Well, there are certain invisible rays of the sun, known as ultra-violet rays. These ultra-violet rays, or their equivalent, are necessary to perfect health and growth. But these ultra-violet rays do not penetrate ordinary window glass, or clothing. A noted scientist says that a child might as well be brought up in a cellar, as in a sun-parlor under ordinary window glass, as far as the prevention of rickets is concerned."

"But," interrupted my friend, "isn't direct sunlight too strong for a very young child?"

"Yes, the direct rays of the sun are very powerful. A mother shouldn't expose the head of a baby, uncovered, to direct sunlight, especially in the summer. The child's body may be exposed gradually, beginning with the feet, which should be exposed the first day for only a few minutes. Finally, after a gradual exposure, the whole body may have a sunbath for an hour, once or twice a day. Of course this must be in the direct sunshine, for ordinary window glass screens out the ultra-violet rays.

"There are several types of glass, now under experimentation, which are known to transmit these health-giving, invisible, ultra-violet rays of the sun. Perhaps some time these glasses may be cheap enough that they can be used for windows in our homes, in hospitals, and in sanitariums. Then every baby can have his sunbath, even in the winter time, and still be protected from the cold."

"I'd like to know," asked my Neighbor, "how babies can take sunbaths in the winter time, without catching cold."

"I didn't say they could, in all seasons, and in all places. My point is, give children the benefit of direct sunlight, whenever possible. Let them play out of doors in direct sunshine. Sunshine is free for the taking! Why not take it?"

"You told me once," said my Neighbor, "that milk contains vitamins which promote growth and prevent rickets. Could milk take the place of direct sunshine?"

"Milk is a protective food. Its protective value varies with the season of the year, and depends to a great extent on whether the cow is fed fresh, green food, and gets plenty of sunshine; or is fed in the dark, with dry fodder. Milk from pasture-fed cows is richer in Vitamin D. This important vitamin may be lacking from milk in winter, or from stall-fed cattle, any time.

"To sum it up, children need direct sunshine, and vitamin D in their food, to build strong bodies. Lacking direct sunshine, especially in winter time, we can fall back on cod-liver oil. Codliver oil, known as 'bottled sunshine," is both high and constant in the amount of vitamin D that it contains. For several years codliver oil has been prescribed by family physicians to prevent rickets in young babies, beginning at two or three weeks of age, with a gradual increase in the amount of oil given. Codliver oil is not a medicine -- it is a food, rich in fat. There are many older children, and grown folks, too, who need codliver oil to build up their general health and help prevent colds and other infections.

"What if one doesn't like the taste of codliver oil?"

"Babies usually like it, from the first. Having an unprejudiced taste, and being too young to be finicky, they may take to cod-liver oil as a --- well, as a ----"

"As a fish to water," added my friend. "Is that what you were trying to say?"

"No. That's what I was trying not to say, but it will do. There are tested oils available now which have comparatively little odor or taste. If you take the oil before a meal, when you're hungry, it will be easier to take. A little orange juice or other fruit juice helps to hide the fishy taste."

"I see," said my Neighbor. "Even though children look fat and contented, they may be badly in need of direct sunshine and codliver oil, or milk from a cow that gets fresh green food, and sunshine. Open wide the windows, let the sunshine in, and don't forget your codliver oil. I may run for congress, and slide to fame, on a platform of codliver oil, Aunt Sammy."

"Never!" I urged. "Don't you read the papers? Oil and politics do not mix."

Enough about sunshine and codliver oil for today. This week I am going to broadcast three menus for New Year's day, one tomorrow, one Wednesday, and one Thursday. The menus are planned on a sliding scale, according to cost. The third one is the least expensive. These menus will be included in a later supplement to the Radio Cookbook, copies of which are sent free to Station_____'s listeners.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

HOUSEKEEPERS' CHAT Tues. Dec. 28

PROGRAM..... RELEASE.....

1.9
In3Hh

Reserve

ANNOUNCEMENT: Aunt Sammy will answer a number of questions today which homekeepers find puzzling. There is a New Year's dinner suggestion, too, for those who will have enough money left after the first of the year to buy a New Year's dinner. This menu will be included in the Radio Cookbooks, copies of which are sent free to women who listen-in regularly to Radio Station _____.

****

Questions and answers come first today. A menu for New Year's dinner is the last, but not the least, thing on the program.

Questions have been coming in so fast lately that they haunt me. I dreamed last night that a listener in Ohio asked me whether the moon is made of green cheese. I referred the question to the U. S. Bureau of Home Economics. "We have done no research on the subject," said the Bureau of Home Economics, frowning a little. I consulted the Bureau of Dairying. "There is no experimental data available on the moon and green cheese," said the Bureau of Dairying, tersely.

Then I took the matter into my own hands. In the airy fairy way that people are conveyed in their dreams, I found myself carried to the edge of the moon, where I sat, eating cheese of emerald green, and toasted crackers.

"Very good," I thought to myself. "I'll take some home for the children".

Then, what do you think? I looked out over the sky, and every single star was a twinkling question mark.

"Wait!" said the voice. "If you go back to earth, and tell the people the moon is made of green cheese, you will be answering questions all the rest of your life!"

"What a narrow escape," I remarked, and sped home, scattering cracker crumbs down the Milky Way, and on the Seven Little Sisters.

I have felt all day as if a great load were lifted from my shoulders. I hope I shall never forget myself, and tell you that the moon is made of green cheese. Please don't believe me, if I do.

The first question today is from a lady in Cleveland, who wants to know how to keep windows from steaming.

There is no way to prevent steam from condensing in a room which is tightly closed. The windowpane is the usual place for steam to condense into water, because it is the coldest surface in the room. There are commercial preparations on the market, used for wind-shields, and so forth. However, if these preparations were used on your windows, the steam would condense on some other surface, probably on the walls. This would be bad for the walls, especially if they are papered. I think it is better to lower a window from the top, or provide some other means of ventilation, so the steam will escape, rather than condense in the room.

Question Number Two: "Please tell me how to wash and dry a sweater".

Instead of giving these directions, which I have broadcast once, I am sending you a copy of the new bulletin on Home Laundering, Number Fourteen Ninety Seven. The bulletin is sent free, by the U. S. Department of Agriculture, and contains information every housewife will appreciate.

Question Number Three: "How can I make my Devil's Food Cake a deep red in color?"

This question was referred to the Bureau of Home Economics, and here is the answer: The red color of devil's food cake comes from the use of more soda than is necessary to nuetralize the acid in the sour milk and chocolate. The flavor of red devil's food cake is slightly different from that of brown, because of the excess soda. You have doubtless eaten sour milk biscuits in which too much soda has been used. They are a peculiar yellow, and are not, of course, considered a desirable product. Another instance of how queer we mortals be -- we condemn the peculiar color and flavor of the biscuits, and strive to get them in the very red devil's food cake.

When one eats food containing too much soda, he is taking free alkali into the body. Since this is not a particularly desirable practice, food authorities do not approve of red devil's food cake. Of course there is not so much harm in serving red devil's food cake occasionally, as there is in serving yellow soda biscuits several times a week.

Question Number Four: "Please tell me how to bleach white shirt collars. Does freezing hekp to bleach clothes?"

In answer to this question I am sending the same bulletin I mentioned before -- Farmers' Bulletin Fourteen Ninety Seven, on "Methods and Equipment for Home Laundering," which contains a complete discussion of bleaches.

There is no experimental evidence to prove that freezing clothes will whiten them.

Fifth Question: "What causes light streaks in a newly dyed dress?"

Light streaks may mean that the dress was not cleaned thoroughly before it was dyed. Or perhaps it was dyed in a bath containing so little water that it couldn't be freely worked around. Again, maybe the dress was not worked sufficiently during the dyeing process. If it was faded by light, before it was dyed, the faded streaks will not dye evenly.

It is possible, however, to remove the color from dyed materials, before dyeing them again. I am sending you a copy of Farmers' Bulletin Fourteen Severty Four, "Stain Removal from Fabrics; Home Methods," which tells how to remove color from dyed materials. This bulletin is free.

Sixth question: "Why does my fudge become grainy?

Very likely your fudge becomes grainy because you beat it while it is still hot. This causes large, rather than fine grain crystals to form. I made the same mistake myself, till quite recently. If good proportions have been used, and the fudge has not been boiled down too rapidly to the soft ball stage, it is possible to cool the sirup, even over night, and still have fine crystals form on beating. The best time to beat the sirup is when it has reached about room temperature. At this temperature, the evaporation of moisture during the beating causes the crystals to form without the expenditure of so much effort, as is required when the sirup is entirely cold.

Question Seven: "Is it desirable to give raw apples to a youngsters 18 months old?"

Most people feel that it is better to give stewed fruit to children as young as 18 months, rather than something so hard to masticate as a raw apple. If you give apple at this age, scrape the pulp, so that it is like mush. Raw apples are all right in this form, unless they disagree with the child. A child of 18 months has not learned to masticate very well. He can't chew a raw apple finely enough to handle it well in his digestive system.

Eighth Question, and still going strong: "What makes jelly ooze out of a well sealed glass?"

This usually means that the glass is not well sealed. The jelly solution has a very high sugar content. If the moisture in the air reaches the jelly, the jelly tends to absorb water, and ooze out. One suggestion for preventing this is to run a knife around the edge of the jelly, before pouring on the paraffin, or to rotate the glass after the hot paraffin is poured on, and let it run up onto the glass and form a tight seal. In addition, be sure there is a tight fitting cover, and store the jelly in as dry a place as possible. If you do not have a dry

cool place for storage, this may be the cause of your trouble.

Now we're ready for the menu -- the first of the three New Year's menus: Baked ham; Fried Pineapple; Baked White or Sweet Potatoes; Good Resolution Salad; and Upside-Down Apple Cake.

Ham for baking may be boiled a day or two beforehand, left standing in a cold place in the liquor in which it was cooked, reheated in this, then skinned, covered with bread crumbs and sugar, stuck with cloves, and put in the oven for final browning just before dinner. Prepare your baked ham this way, and you won't need to spend so much time in the kitchen on New Year's day.

Fried pineapple is easily prepared. Simply drain the slices of canned pineapple, and brown them very slowly in butter, in a frying pan.

Good Resolution salad is a combination of salad greens -- lettuce-watercress, cabbage, endive or whatever you have in the local market or in the storage cellar.

With the vegetable salad, you may serve French dressing, plain mayonnaise, or one of the mayonnaise variations I suggested early this month. Really, there's nothing more appetizing than a fresh, green, crisp, cold vegetable salad, with French dressing. Modern housewives can hardly plan a day's meals without including a salad of some kind. They know their famalies need the minerals, the vitamins, and bulk supplied by fresh vegetables.

Now you see why I called this salad Good Resolution salad -- the resolution being to eat lots of green salads during the coming year.

The Up-side Down Apple cake really deserves special mention. You simply wouldn't believe me if I told you how many compliments is has received, from admiring friends. Just to make sure that everybody in the United States and Canada hears about this famous cake, I'm going to give the recipe again. If you listened-in the first time it was broadcast, you needn't write down the nine ingredients, which are as follows:

1/4 cup butter	1-1/2 cups soft wheat flour
1/2 cup sugar	2 teaspoons baking powder
1 egg	1/8 teaspoon salt
1/2 cup milk	1 teaspoon vanilla

2 to 4 apples, depending on size.

Listen carefully, while I repeat the nine ingredients.(Repeat).

Cream the butter. Add the sugar, the well-beaten eggs, and vanilla. Sift the dry ingredients together twice, and add alternately, with the milk, to the first mixture. Use a glass square or oblong baking dish, or a very heavy pan. Put a thick coating of butter on the bottom

and sides of the dish or pan. Wash, pare, and quarter firm-fleshed apples. Slice them rather thin, and place them so that the slices overlap and form even layers, covering the bottom of the dish. Sprinkle well with sugar and cinnamon, which have been well mixed. Add another layer of apples placed with equal care, and flavor with cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife. Bake slowly in a very moderate oven (at a temperature from 300° to 325° F) for three-quarters of an hour. Loosen the sides of the cake, turning it out carefully, upside down, and the top will be covered with neat layers of transparent apples. Serve hot with hard sauce or whipped cream.

To repeat the menu: Baked ham; Fried Pineapple; Baked White or Sweet Potatoes; Good Resolution Salad; and the famous Upside-Down Apple Cake.

Another menu tomorrow, and perhaps a recipe.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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JAN 1 1937
U. S. Department of Agriculture

PROGRAM HOUSEKEEPERS' CHAT RELEASE Wed. Dec. 29.

1.9
Fm3Hh

Reserve

ANNOUNCEMENT: Today Aunt Sammy will tell her radio friends what to do with the nuts left over from the Christmas feasting; she will answer a number of questions, and suggest a New Year's dinner. The menu and the recipe have been approved by the U. S. Bureau of Home Economics.

* * * * * * * * *

I wonder if your family is anything like mine. It seems to me I have spent the last three days picking up the remains of Christmas festivities. Our Christmas tree is still standing--we always keep it until New Year's--but each day it loses part of its brillient decorations.

First, Billy had to have part of the tinsel for some private enterprise. Then Sally Jean removed the shiny bells, and the sparkling star. I don't mind that. It's the children's free, and they can do with it what they please. But I wish they wouldn't scatter candy and nuts all over the house.

For instance, yesterday, when I cleaned the living room, I found sticky, fuzzy pieces of Christmas candy between the cushions on the davenport. There were nuts under the piano, and peanut shells on the window sills.

Right then I made a resolution. No more nuts in their natural state for my family. I decided to cook up every nut left in the house, and see to it personally that every nutshell was put into the furnace.

By the time the room was clean again, I had thought of a number of ways to use the nuts left over from the holiday feasting -- in sandwiches, salads, bread and cake, poultry stuffings, and desserts.

Nuts are good in almost any kind of sandwich. Favorite sandwiches for the school lunch box are filled with chopped nut kernels and raisins, dates, figs, or prunes. Other good sandwich combinations are nuts and olives; nuts and cottage or cream cheese; and nuts with maple or brown sugar. Peanuts alone can be made into an excellent sandwich filling, by putting the roasted shelled nuts through the meat grinder, and then stirring in enough cream, or melted butter, to make a mixture of the right consistency to spread.

Let's consider salads next. A cream cheese ball, rolled in chopped nuts, improves the looks and the taste of almost any salad. Or several of them may make a salad themselves. Celery stalks, stuffed with nuts and cheese, are often used as a salad. Nuts may also be used in fruit, aspic, or vegetable salads. In a potato salad, nuts add an unusual flavor which I like very much.

[illegible]

A [illegible] I say just [illegible] [illegible] [illegible]

Nuts may also be used in yeast or quick breads, made with white or graham flour; in cakes and cookies, on top or in the fillings. Because of their richness, chopped nut kernels may take the place of some of the fat, in a batter or dough mixture.

I won't attempt to name all the desserts which are improved by the addition of a few nuts. If I did, I wouldn't have time to answer any questions, or give you another menu for New Year's day.

The first question is about cauliflower--the vegetable which Mark Twain called cabbage with a college education.

"What causes cauliflower to turn dark when it's cooked? is question number 1.

The color change is due to decomposition of the cauliflower itself. If the cauliflower is not cooked too long, this change in color will not take place. The dark color is increased by cooking in a closed vessel.

Question 2: "What is meant by the expression 'soft wheat flour'?"

Soft wheat flour is made from wheat that is relatively low in gluten and high in starch. Soft wheat flour is whiter and has a more velvety texture than flour made from hard wheats which are rich in gluten. Soft wheat flour is especially desirable for making cake and pastry. Many good cooks prefer it also for quick breads, such as muffins and biscuits. You will find more about soft-wheat flour in Farmers' Bulletin No. Fourteen-Fifty, entitled "Home Baking," which I'm sending you. This bulletin also contains some very good recipes.

Next question: "Why does my bread get modly in the bread box? I air the box, and still the bread molds. Is it because I leave it wrapped in wax paper?"

It is difficult to diagnose the cause of moldy bread, without knowing all the circumstances, but I'm glad to offer a few suggestions. In the first place, in addition to airing your bread box, scald it out thoroughly. Then dry it in a warm oven, or on the back of the stove, or directly in the sun. Molds don't like dry hot air, or sunshine. Sometimes bread molds because it has been wrapped or stored in a bread box before the loaf is thoroughly cool.

Next question: "Is it advisable to use the liquid from vegetables canned in either tin or glass cans?"

It certainly <u>is</u> advisable to use the liquid, from canned vegetables, whether they have been canned in glass or in tin. There are valuable mineral salts dissolved in this liquid, and it is extremly wasteful to throw it away. The liquid in which vegetables are canned or cooked may be used in sauce served with the vegetable, or in soup, or gravy.

If you must depend upon canned goods during the winter, it is especially important that you save all the mineral content possible. How-

ever, youcan probably get cabbage, celery, lettuce, winter squash, and many of the root vegetables, such as carrots, turnips, rutabagas, beets, and so forth. I'd better leave this question now, or I'll be discussing the importance of minerals and vitamins in the diet, and I don't like to mention that more than five or six times a week.

One more question: "How can rolls be re-warmed to make them taste good?"

Rolls can be re-warmed satisfactorily if they are brushed over with a liquid, and put in a covered pan, to steam through. Most people use a little milk, brushed over the outside lightly, taking care not to soak the crust. After the rolls are heated through, take the cover off the pan so the outside will get crips again.

That finishes the questions. I'm proud of the questions you are asking lately. They are practical, sensible, and of interest to all women who want to improve their housekeeping. Don't worry if your questions aren't answered immediately. If a question is very important, it is answered by mail. If it is a good practical question, but not a life-and-death matter, it takes its turn with the rest, and is answered just as soon as possible. That's fair, is it not?"

Ready for the menu now: Roast Lamb; Peas, fresh or canned; Mint Jelly or Currant Jelly; Roast Potatoes or Scalloped Parsnips; Red Cabbage Salad or Slaw; and Cranberry Pie.

If you have followed the menus closely this winter, you have noted that I suggest the food products available in most parts of the United States, at the time I broadcast the menus. For example, I do not give you recipes for strawberry shortcake on December 29. You would lose your faith in me if I did that.

I'm suggesting roast lamb for your New Year's dinner for two reasons--- properly roasted, a leg of lamb is a fitting dish for any special dinner; secondly, I know that the number of sheep and lambs on feed this month for market is some 200,000 head larger than December of last year. Don't be surprised if I mention lamb and mutton more than once, during January and February.

Directions for Roast Leg of Lamb are in the Radio Cookbooks, but since some of you have just begun to listen-in, and do not have copies of the cookbook, I am going to give you the directions for preparing a roast leg of lamb.

I will read slowly, so you can write down the directions, if you like:

Choose a plump, well-fatted leg weighing 5 to 5½ pounds. Wipe it off with a damp cloth. Rub salt over the outside. Dredge with flour, if you prefer it that way. Then place meat, bone side up, in a heavy uncovered roasting pan, preferably on a rack, and put it in a very hot oven (about

500 degrees F). If it is roasted in this position the thick part of the meat will be most convenient for carving. Let the meat stayat this high temperature for 20 minutes; or until it sears over; then let the oven cool to a moderate temperature (about 300 degrees F). Continue roasting for 2 to 2½ hours, depending on size of leg. Baste occasionally during roasting, with the drippings; but do not add water, now or at any other time. Serve piping hot.

That's the secret of success in a roast leg of lamb --serve it piping hot.

Let me see--everything else on the menu is easily prepared. If you serve cabbage salad, you might try the dressing I mentioned the other day--thick sour cream, salt, paprika, lemon juice, horseradish to flavor, and a mere "hint" of sugar. This is very good on cabbage salad.

By the way, I want to thank those who sent me ideas for salads, and sald dressings. That's just what I want--suggestions from you women who have been cooking a long time, and who have learned something which will be of benefit to other homekeepers.

I shall repeat themenu: Roast Lamb, served piping hot; Mint or Currant Jelly; Roast Potatoes or Scalloped Parsnips; Red Cabbage Salad or Slaw; and Cranberry Pie.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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1.9
In3Hh
Reserve

PROGRAM Housekeepers' Chat RELEASE Thurs., Dec. 30.

ANNOUNCEMENT: Chocolate brown gravy, waffles that stick, lemon pie, tomato catsup, and a New Year menu are discussed in Aunt Sammy's Chat. The menu and the information on foods have been approved by the U. S. Bureau of Home Economics.

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Let's have a little informal chat this morning, before I begin giving advice. Forget all about the microphone, and the radio, and pretend we're sitting in the same room, in the kitchen, if you don't mind. Wouldn't it be nice, if we really could see each other?

I want to tell you about my visit with the Recipe Specialist of the Bureau of Home Economics. I went up to the Bureau the other day, and stopped in the kitchen to see the "Recipe Lady." On her neat white table were five lemon pies, numbered—One, Two, Three, Four, and Five.

"Why do you number your lemon pies?" I asked.

"Because you said one of your listeners wants a recipe for lemon pie," answered the Recipe Lady.

"Yes, but she didn't ask for <u>five</u> recipes."

"No," said the Recipe Specialist, "but I had to make five different pies before I got a recipe that satisfied me. Look at lemon pie Number One. See how weak the filling is? Look at Lemon Pie Number Two--The filling is too stiff. Number Three contains too much sugar."

"Number Four looks perfect," I said, inspecting it critically.

"Looks are deceiving," explained the Recipe Lady. "Lemon Pie Number Four looks delicious, but it has a constarch flavor. Number Five, however, is almost perfect. I will never say that <u>any</u> lemon pie is perfect, because I may bake another one some time which is even better than Number Five.

"When you do, call me in," I said, looking hard at Lemon Pie Number Five, with its beautifully browned meringue. The Recipe Lady took the hint. While I ate lemon pie, she talked to me about her favorite subject.

"Aunt Sammy," said she, "I like to read the letters you get from the women who listen to you. I'm glad they are having success with the recipes. But I sometimes wonder, when they tell you that this or that dish was 'delicious',

or 'made a hit with the family,' whether the dish was just as good as it could possibly be. For instance, you might have been satisfied with Lemon Pie Number Four (I blushed) if you hadn't seen Number Five.

"It 's the same way with the housewife inher home. She bakes a cake, for example. Her husband compliments it. Her children say Mother is the best cook in the world. If I were that housewife, I would challenge myself. The next time I baked a cake, I would try to improve over the previous one. Perhaps a slight change in the recipe, a difference in oven temperature, or another frosting, would make the cake even better.

"No matter what she is preparing--lemon pie, or beefsteak and onions--the accomplished housewife does the very best she can with the materials available. She is wasting her time, if she doesn't make the best possible use of it. She is not getting the full value of her food products--whether they be fruits, vegetables, meats, or cereals,--unless they are properly cooked, properly seasoned, and properly served. Good cooking isn't a matter of chance--it's the result of thoughtful and painstaking work," concluded the Recipe Lady.

I had no doubt of that--when I surveyed the five lemon pies. Indeed, I looked rather scornfully at Pies Number One, Two, Three, and Four, after the Recipe Lady's little talk, and decided that whenever I made a lemon pie, hereafter, it should go into the Number five class.

The Recipe Lady had no idea I was going to quote what she told me that day. If she's listening-in now, she may be surprised, but I don't think she'll be offended.

The question box is just as full today as it was yeaterday. I'll answer as many as I have time for, and then give you another New Year's menu.

First question: "My catsup looks perfect when I bring it up from the cellar," writes a listener from Ohio. "But when I open the bottle, the catsup foams all over. I used bottle caps and paraffin for sealing the bottles. What causes the catsup to spoil?"

That's a difficult question to answer, since you didn't explain your method of preparing and bottling your tomato catsup. Do you sterilize the bottl before filling them with catsup, and are you filling the catsup into the bottles while both the bottles and catsup are boiling hot? Do you process the filled bottles in the water-bath canner for 30 minutes? While many people do not take the latter precaution, it is a safety measure. Also, you may get a more perfect seal by using sealing wax, instead of paraffin.

Question Number Two: "What makes my waffles stick to an iron waffle mold

You should have no difficulty with your waffles sticking to an iron waffl mold. Are you sure you heat your iron hot enough, before beginning to bake in it? It is well to heat it through, gradually, for a number of minutes, on both sides, before putting in any batter. Sometimes waffles stick because there isn't enough fat in the recipe.

If you continue to have trouble, I suggest that you heat up your waffle iron gradually, and then cool it down several times, when you are not using it for waffles. This may burn out the material which causes the waffles to stick. I suppose you know it's better not to wash the inside of a waffle iron. Grease it so slightly that all of the fat used, cooks into the waffles. Then there is no danger of the iron becoming rancid, as it stands between bakings.

Satisfactory recipes for waffles are included in the Radio cookbook and in Farmers' Bulletin 1450 on "Home Baking." The bulletin is free.

Question Number Three: "Please tell me how to make brown gravy with a roast. I mean the real chocolate brown kind."

The easiest way to make brown gravy is the following:

Stir flour into the fat drippings from a roast, and brown by heating carefully over the hot flame. You will get a brown color, in this case, if the meat drippings are almost entirely fat--that is, if no water has been added in roasting the meat. After the mixture of fat and flour becomes brown, water or milk is added to complete the gravy.

There's another way to make a rich brown gravy, by browning the flour before it is added to the gravy. Some housekeepers keep browned flour on hand, for this purpose. To brown flour without sticking, a very smooth iron skillet must be used. One way to make sure that the inside of the skillet is perfectly smooth, is to cover the bottom with fine salt, and heat it up slowly, stirring as it heats. Take a piece of heavy wrapping paper, and polish the skillet by rubbing it with salt. This is a very good way to polish the inside of an iron skillet, even if you are not intending to brown flour in it. After you have made sure that your skillet is smooth, add the flour, and stir constantly, as it browns. Flour loses its thickening power as it browns. If you want a thick gravy, you had better add some white flour also.

"Please tell me something about the new sugar cane product called cane-cream?"

Cane-cream is a new product made entirely from the juice of the sugar cane. Nothing is added, and nothing is taken away. It has the color of cane sirup, and is as smooth as the soft centers of chocolate coated cream candy. Cane cream can be made of widely varying consistency, but it is always smooth. When made thin, it flows like thick sirup, and may be used exactly like sirup on bread, hot cakes, waffles, and so forth. Cane cream was originated in the laboratory of the U. S. Bureau of Chemistry, and 1,000 cases of it will be made during the present season for trial distribution to the retail trade.

I have neither seen nor tasted this new cane-cream, but I have heard that it "exactly fits the taste of those who like a thick sirup."

Ready now for the third New Year's dinner. If you have decided to use one of the other menus I broadcast this week for New Year's dinner, you might take this one down and use it some other time: Rabbit Pie with Carrots, Turnips, and Celery in it; Panned Kale; Cinnamon Apples; and New Year cookies.

A number of you said you liked my directions for making Rabbit Pie. If you like plain Rabbit Pie, then you should be quite fond of Rabbit Pie with Carrots, Turnips, and Celery in it.

I will tell you how to prepare the panned kale. Kale is one of the vegetables which can be made delicious, if it is cooked in the right way. Cut the edges of the kale from the midrib with scissors. Wash thoroughly in several waters, and mince finely. Discard the midribs and stringy portions. Kale may be cooked without water in a skillet containing a little butter or other fat of good flavor--about two tablespoons to a quart of uncooked greens will be enough. Keep the skillet covered at first to keep in the steam which forms when the juices of the kale are drawn out by heat. The kale will be done in from 10 to 20 minutes. Sift one-half of a level tablespoonful of flour over the greens, mix well, pour in one-half cup of cream or milk, and stir until thickened. Season with salt and pepper. The kale is now ready to be served.

The cinnamon apples add a pleasing touch of color to this New Year menu. Cook them in a syrup colored with cinnamon candies. You will find the recipe in your Radio Cookbook. Use your favorite recipe for the cookies.

To repeat the menu: Rabbit Pie with Carrots, Turnips, and Celery; Panned Kale; Cinnamon Apples; and Cookies.

This menu and the directions for cooking the kale will be included in the Radio Cookbook, copies of which are sent free to every house-wife who listens-in regularly to Radio Station _____.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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PROGRAM HOUSEKEEPERS' CHAT RELEASE Fri. Dec. 31.

1.9
In3Hh

Reserve

ANNOUNCEMENT: Aunt Sammy will broadcast four new recipes today, so please get your pencils and paper ready before she begins her chat. The recipes include bread pudding, beef croquetes, chicken salad, and macaroons. These four dishes have been tested recently in the U. S. Bureau of Home Economics, and will be added to Aunt Sammy's Radio Cookbook. Copies of this cookbook are sent free to Radio Station_____'s listeners.

* * * * * * * *

The first part of the program today, also the last part, and the part in between, is questions and answers. These questions were asked some time ago. Most of them are requests for recipes--recipes which all of us want at some time or other. I will read slowly, so that you can write down, ingredients, and directions. The recipes will be added to a cookbook supplement, in a few weeks, but you may want to refer to the recipes before you receive them in printed form.

Question Number One: "Will you please tell me why my bread puddings are "soggy and sad" like a cake that has fallen. I use stale bread, with milk, eggs, and raisins."

This question was referred to the Bureau of Home Economics, which made several suggestions as to the cause of the "sad and soggy" bread pudding. Perhaps you use too large a proportion of bread to eggs, thus making a compact pudding, which is likely to seem pasty. On the other hand, your trouble may come from cooking at too high a temperature. Specialists in the Bureau of Home Economics have found that it is much better to bake any pustard-like pudding inside of a pan of water, in the oven. The water keeps the eggs from being over-cooked.

I am goind to give you a recipe for bread pudding, whidh has been found delicious. There are eight ingredients for this bread pudding, as follows:

4 cups milk
1 cup stale diced bread
1 cup sugar
4 eggs
1/4 cup butter (melted)
3/4 cup seedless raisins
1/4 teaspoon salt
1 teaspoon vanilla

[illegible]

Check the eight ingredients, please, while I read them again. (REPEAT).

Separate the eggs, reserving the whites for the meringue. Beat the yolks, and add the milk, slightly warmed, the sugar, raisins, salt and vanilla. Grease a pudding dish or any flat pan and put in a layer of the diced bread, pour the custard mixture over the bread, and add the melted butter. Bake in a pan surrounded by water, in a slow oven. When the custard mixture is set in the center, remove the pudding from the stove. Let cool slightly, and cover with the meringue. The meringue is made by beating the egg whites until stiff and adding 4 tablespoons of sugar, a little salt, and 1/2 teaspoon of vanilla. Return to the oven and allow the meringue to heat slowly until a golden brown. Serve the pudding hot or cold. This recipe makes quite a large amount of pudding. There will be enough for desserts for two meals.

Second question: "Will you please tell me about dishes in which meat is combined with other foods, such as rice, and so forth."

Certainly yes. I can give you a number of suggestions for serving not just as plain meat. For instance, with the meat you may use bread dressing, rice, macaroni, spaghetti, dumplings or noodles, if you want a meat and starch combination.

There are any number of delicious meat and vegetable combinations--brown stew and savory stew, casserole dishes, meat and vegetable salads,--and in season, stuffed green pepper, stuffed eggplant, and stuffed tomatoes. Croquettes and meat pies, which use either freshly cook or left-over meat, also are tasty dishes.

I am going to give you a recipe for beef croquettes, here and now, which has been tested and approved recently. Pencils ready? Seven ingredients for beef croquettes, as follows:

1 pound upper round, or other lean beef
1 cup mashed potato, seasoned, or 1 cup thick cream sauce
1 teaspoon salt
1/2 medium sized onion, grated
1 egg
1 tablespoon parsley, chopped
Stale bread, finely chopped into crubs.

To repeat the seven ingredients: (Repeat)

Simmer the meat in a small amount of water until tender. Then grind the meat, using the fine knife of the grinder. Add the other ingredients, but reserve the egg for dipping. Mix well. Form the meat into balls, or a mold into oblong or cone shapes. Dip into the beaten egg, which has been well mixed with one tablespoon of water. Roll in finely sifted bread crumbs, and place on a pan or board. Let stand for an hour or longer, for the egg coating to dry. If you use the cream sauce as the binder make it from 4 teaspoons of flour and 1 cup of milk.

Heat, in an iron kettle, any desired fat, until hot enough to brown a bread crumb in forty seconds. Then carefully place the croquettes in a wire basket, lower them slowly into the fat, and cook until a golden brown. As the croquettes are removed, put them on a paper to absorb the excess fat and keep warm in the oven until all are prepared. Serve with a garnish of parsley and tomato sauce.

For an oven-browned instead of a fried croquette, use 1-1/2 instead of 1 cup of cream sauce in the mixture. This is a little more difficult to mold. Shape the croquettes as I described, dip them in egg and crumbs, and place them on a greased pan to brown in a hot oven.

Here's a suggestion, from a lady in Gary, Indiana. "Speaking of salads," says she, "did you ever make a salad of shredded cabbage and chopped pineapple, fresh or canned? Use a good salad dressing of any likeable type."

I know that this salad is very good. Use pinapple juice in making the salad dressing, and you'll get more pineapple flavor.

By the way, I had a request recently for chicken salad -- enough for 12 persons. Some one must be planning a party. I have a recipe here for chicken salad. You may use either a large fowl, or two smaller ones. Perhaps you would like to take this recipe now. There are seven ingredients needed for this chicken salad, and the seven ingredients are these:

A fowl weighting about 5 pounds, or
2 smaller fowls.
3 bunches celery
1 cup mild vinegar
1 sliced onion
Salt
Mayonnaise dressing
Lettuce

Seven ingredients. Check them please, while I repeat.

Simmer the chicken, until tender, in a small quantity of water. When about half done, add a teaspoon of salt. Let it cool in the broth. After the chicken is cold, remove the skin, strip the meat from the bones, and cut it into small pieces of even size. In the meantime, allow a few slices of onion to soak in a cup of mild vinegar, to give the vinegar a slight onion flavor. Remove a cup of chicken fat from the cold broth and mix with this vinegar. Pour this mixture over the chicken, adding more salt and vinegar if needed to season it well. A few drops of tobasco improves it. Let this stand, or marinate, for several hours, or over night. Cut the celery stalks and some of the tender leaves in small pieces and let it stand in a cold place until it is crisp. Mix enough thick, well-seasoned mayonnaise dressing with the chicken to coat the pieces well. Shortly before the salad is to be served, add the celery, and more mayonnaise if needed. Stir the mixture ligtly so as not to break up the chicken. Add still more salt if needed. Pile the salad lightly on cripp lettuce and serve at once,

[illegible] in an iron kettle, any desired fat, until hot enough to [illegible] a bread crumb in forty seconds. Then carefully place the croquettes [illegible] with [illegible], lower them slowly into the fat, and cook until a golden [illegible] is the croquettes are removed, put them on a paper to drain, the excess [illegible] are in the oven until all are prepared. Serve with [illegible] of [illegible] and tomato sauce.

[illegible] is an oven-browned method of a fried croquette. [illegible] prepared [illegible] of [illegible] mixture. This is a [illegible] [illegible] the [illegible] croquettes as described, dip them in [illegible] and [illegible] [illegible] prepared pan to brown in a hot oven.

[illegible] combination, from [illegible] [illegible] [illegible]

If desired, add a fourth cup of capers when the celery and chicken are combined. Hard-cooked eggs may be used as a garnish, or cut in pieces and mixed with the chicken to make it go further.

Next question: "Please tell me what type of curtains are appropriate for a small breakfast room."

Something cheerful and refreshing, if you ask me. Give a man a good breakfast, amid pleasant surroundings, and he will whistle to himself all day. That is, if he can whistle, and if the coffe is hot. If the coffe is cold, the gayest curtains in the world will have no effect on him.

To get back to the subject of curtains, those for the breakfast room may be dotted, checked, or striped gingham, English prints, cretonne, or muslin banded with color. Crisp linen and cotton materials seem more appropriate for early-in-the-day meals than silks and heavy draperies. If your breakfast room is sunny, select colors and fabrics which will not fade, or be affected by the sun. Strongly patterned cretonnes, and vivid awning stripes look well, and are effective, but unless you can purchase sun-fast colors, it may be better to use natural-colored curtains.

While we are talking about curtains, I want to mention the new bulletin on "Principles of Window Curtaining," which is just published by the U.S. Department of Agriculture. As a matter of fact, I read bulletins more for profit than for pleasure, till I saw this one. As I told you before, I have met the author of the bulletin--she's a delightful young person-- and I have seen some of the rooms which are pictured in the bulletin. For instance, take that picture on page 19. See the dining table? That's the very dining table from which I ate the Christmas chicken I told you about last week.

The number of this bulletin, which is sent free as long as the supply lasts, is Fifteen-Sixteen--"Principles of Window Curtaining."

Now let's go back to recipes for a minute. I know you get tired of writing recipes. That's why I gave you a little rest, just now. The last recipe for today is for macaroons--for two dozen macaroons, to be specific. Only six ingredients for these macaroons. Ready?

2 egg whites
1 cup sugar
2 cups of a flaked toasted breakfast food
1/8 teaspoon salt
1 cup shredded coconut
Almond flavoring

Six ingredients--half a dozen ingredients--count while I repeat them. (Repeat).

Beat egg whites with the salt, until stiff. Until the egg whites are stiff, I mean. Add the sugar, and beat thoroughly. Fold in the cocoanut, and toasted flakes which have been crushed in the hands. Add the flavoring. Place with a teaspoon on oiled paper and bake in a moderate oven

[illegible]

[illegible]

[illegible]

for 18 to 20 minutes, or until delicately browned and well set. This recipe makes about 2 dozen macaroons.

That's all for today. These recipes will be in the Radio Cookbook, and those who have the first set of pages, will receive the following sets soon.

Fr. Ingram

Cut in half lengthwise, or until delicately browned and well done. Dice remaining about 1 cup in mushrooms.

Sherry all for today. Those medium will be in the music department, and those who have the first set of pages will receive the following soon.